

VENDORS PAY 50 ¢

PER PAPER



Homeward Bound
Support Services

Mortyshuk Housing

Alberta Street News

The Real Issue

VOLUME 12

ISSUE 5

MAY 2015



Story on
Pages 4 & 5

EDITORIAL



By Linda Dumont

Alberta Street News Has a New Look

Alberta Street News has a new look, but many of the same contributors are still with us, along with a number of new contributors to make a much bigger paper with more to read and to look at. While we miss Allan Sheppard and his editorial comments, we also wish him success in his latest undertakings since he retired from writing for *Alberta Street News*. You can still connect with him on his blog. From what I have heard via the grapevine he is working hard with the First Nations people at Atlin, B.C., and continues to fight for justice and positive change.

That is what we are all striving to bring about – positive change in attitude and understanding of those less fortunate. Positive change in government policies to provide much needed housing, and bet-

ter care for person with mental and physical disabilities. We need positive change in the way our police force interacts with the people on the streets internationally and with the First Nations people. A mental patient or a person on drugs or alcohol may not be able to comprehend an order issued by an officer, and be seen as non-compliant because he or she does not understand what is required.

And so, we write with the goal of bringing about change even in a small way. Sometimes the best we can do is to raise the issues so someone with more power can institute that change. For that we need more readers. Now, you can follow *Alberta Street News* online if you are not able to buy a copy on the street. When enough people demand it, change will come about.

Exciting Times Ahead For Alberta Street News!

By Laura Hunt

We are coming into some very exciting times here at *Alberta Street News*! I am very pleased with the great articles in this



issue, and the progress we are making on a monthly basis. Distribution and readership is definitely increasing! Due to the positive feedback we have received, we are continuing with our new smaller magazine style format. Thank you to all who commented!

Con Boland shares some very important and thought provoking information (as always) in his column this month. He presents the facts: There is a serious health problem resulting from fluoridation, and he writes about how much we can all benefit from the removal of fluoride in our water supply. Hopefully, some of you readers will get on board, and begin to speak out to city officials, as this is a serious issue for all of us. So many cities and European countries have recognized this, so why do we still have fluoride in our water here in Edmonton? We are also premiering our new monthly advice column "Dear Penelope". If you can't handle the truth, don't ask....lol! The facts of life in real advice.

Check out the beautiful and inspiring article covering "The 35th Annual Outdoor Way of the Cross", written by our senior editor, Linda Dumont. It's about what the Edmonton inner city community is doing to reconcile the damage, pain, and suffering that prejudice and a lack of understanding of ourselves and our environment has caused. It is the short version so please give it a read. You may check out the full article on our website as well at

www.albertastreetnews.org

Finally, there is a very important story as our headliner this month "Justice for Cindy Gladue." I will share with you dear reader, the fact that I found this difficult to write about. The details regarding what happened to Cindy Gladue, and the way this tragedy was dealt with by the Courts, are disturbing and heartbreaking. However, the time for change is now, and I am so pleased by the literally thousands of people across Canada that are speaking out and protesting over this. In closing, I wish all the wonderful mothers out there a very Happy Mother's Day! You are so important to a successful society on all levels! The hand that rocks the cradle – rules the world!

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THE VIEWS PRESENTED IN THIS PUBLICATION ARE THOSE OF THE CONTRIBUTORS



Alberta Street News

What Your Contributions Are Funding

A significant portion of your purchase of the package of *Alberta Street News*, MHMT Beef Jerky and European Chocolate is allocated to "**Homeward Bound Support Services.**" *HBSS* was created to provide supportive employment and services to those who have been adversely affected by homelessness.

44% of your contribution goes to the cost and distribution of the product

56% of your contribution goes to fund Homeward Bound Support Services

Services Provided By Homeward Bound Support Services:

- Supportive employment
- Counselling (upcoming project)
- Life-Skills training (upcoming project)
- Transportation to necessary appointments
- Housing placements and subsidies
- Nutritional meals
- Hygiene assistance
- Housekeeping assistance
- Navigation to services
- Recreational programs (upcoming project)
- Seasonal clothing drives

Thank you for your purchase! Please subscribe to *Alberta Street News* and/or donate to Homeward Bound Support Services.

www.albertastreetnews.org

www.hbss.ca

www.martyshukhousing.ca



Homeward Bound

Support Services

Homeward Bound Support Services (HBSS) is a not-for-profit organization located in Edmonton, Alberta. We are a very unique and creative agency which strives to protect the housing of many of Edmonton's previously homeless population.

HBSS was established in early 2014, when a need for housing, employment, and life-enhancing supports, primarily for adults with barriers, was recognized by Martyshuk Housing. *HBSS* takes pride in assisting these individuals to remain successfully housed and achieve the highest state of health and wellness, community acceptance and social integration possible. It is our mission to provide these supports.

Martyshuk Housing, the company that recognized these needs for employment, and supports for their tenants, facilitated the creation of *HBSS*. Martyshuk Housing acquired *Alberta Street News* in September 2014 in efforts to create awareness and employment for the homeless. **Martyshuk Housing** currently houses approximately 350 formally homeless people.

Alberta Street News we will contribute **50%** of advertising sales to **Homeward Bound Support Services** for housing supports to those who are in need.

Currently *HBSS* employs vendors, canvassers, and drivers for our fundraising campaigns. Please support our cause by purchasing, a copy of *Alberta Street News*, Beef Jerky and/or European Chocolates.

**Search through
Alberta Street
News and find
as many Butter-
flies as you can.**

**Answer on Page
46**



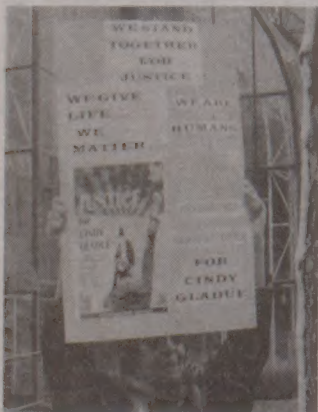
JUSTICE FOR CINDY GLADUE

Warning: This content may be disturbing to some readers



Story and Photos By Laura Hunt

About 800 people took to the street in front of the Law Courts in Edmonton on April 2, 2015, in protest of the "not-guilty" verdict of an Ontario trucker accused in the first-degree murder of Cindy Gladue. Brad Barton, 46, denied the crime while testifying in his own defense in March of 2015. Barton stated that he had met the victim at the Yellowhead Motor Inn on a moving job and that he had sex with her two nights in a row.



On the second night, Barton testified he had inserted his left hand into the victim's vagina past the knuckles and found a lot of blood on it when he withdrew. He then said he told her he was not interested, was not going to pay her and said for her to clean herself up and leave. Barton told jurors he then went to sleep and when he went to the bathroom the next morning, he found Gladue, 36, "in the bathtub and there was blood everywhere." He said he "panicked" and after using a wet towel to clean off his bloody feet and the floor and touching her and finding her cold, he grabbed his stuff and left. After checking out and speaking with co-workers, Barton returned to the room, called 911 and waited for police. The Mississauga man, told the jury he never intended to hurt Gladue

and denied that he put a sharp-edged instrument inside of her vagina.

The Crown alleged that Barton fatally stabbed Gladue in the vagina with a sharp-edged instrument and both a medical examiner and a nurse who specializes in sexual assault trauma have testified that a fatal 11 cm-long cut was a penetrating injury caused by such an instrument. Both experts also told the jury that a fist or fingers, even with sharp nails, would

likely cause a blunt force injury that would not be as clean as the wound in this case and would have resulted in bruising, which was not found. When the medical examiner testified in March, he illustrated his opinion by using the victim's preserved pelvic area, which had been removed by autopsy. It is believed to be the first time ever in a Canadian court room that actual preserved body tissue from an alleged homicide victim was used as an exhibit.



JUSTICE FOR CINDY GLADUE *cont'd*

Resolution To Seek Justice For Cindy Gladue

Resolution passed unanimously at an Emergency Meeting March 25th, 2015 by the Institute for the Advancement of Aboriginal Women.

Whereas: the decision made by the Jury to exonerate Bradley Barton for the murder of Cindy Gladue violated the rights of any human being; and

Whereas: the prejudice shown by the legal system towards Cindy Gladue in her life and death is totally unacceptable; and

Whereas: the conduct of the Court in not allowing evidence that would have shown intent to mutilate and murder is appalling; and

Whereas: the presentation of Cindy Gladue's body parts as evidence in the trial is a blatant indecent interference with her dead body, and is in itself a criminal act; and

Therefore: We demand a full review of the Criminal Justice System as it pertains to the continued lack of understanding on the negative implications this ruling has on the safety of Aboriginal women and girls in Canada. We



further demand the creation of an Aboriginal Women's Commission with full authority to counter racism and prejudice as it exists within the Courts and Canadian Society in order to stop the killing of Aboriginal women in Alberta and across Canada.

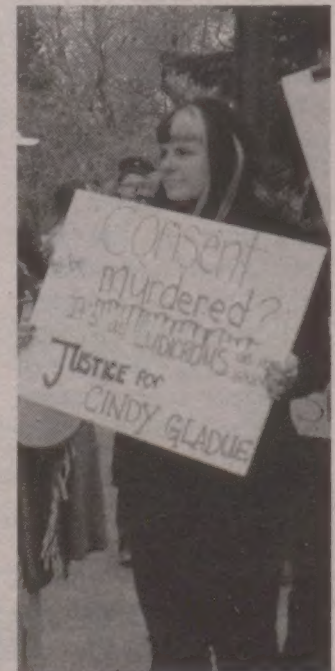


Statement from Vivian Risby Cindy Gladue's Aunt. (Vivian is also a Vendor for Alberta Street News)

April 2, 2015- Today was a hard day for our family. I thank all of those who came out for Cindy Gladue. Why don't they look at Bradley Barton's past as a trucker? He said she was a "hooker". Brad Barton, you must be an expert at picking up women that are so called "hookers". How can he and his family live with this now that he did

this? Why did they ever let him out on bail in the first place? If she was a white woman he would have gone to jail! My sister (Cindy's mother) is going to have to sit in court again. I am so sorry Donna, Cindy is with you always. I love you Donna. You have all our family with you and everyone who is protesting this decision by the Court. This is not only for Cindy but for all the women and girls who are still missing. We still have hope that one day Cindy's killer will be behind bars and thank you again to my family and everyone for your support.

Other protests and rallies were held across Canada on April 2, 2015 including Vancouver, Toronto and Ottawa. On April 2, the same day as the protest, the Crown announced that it will seek an appeal of the acquittal.



VENDOR PROFILE - ROBERT CHAMPION



Calgary Vendors - Andie, Rob, Linda, Rory, Pete

When it comes to selling street newspapers, Robert Champion is an old timer. He was one of the first vendors to sell *Edmonton Spare Change* on the streets of Calgary in 1994. At that time, the Edmonton street paper was published by the Bissell Centre and sold in Edmonton, Calgary, and Saskatoon. A year passed, and the name of the paper was changed to *Our Voice*. Robert continued vending.

In 1995, *Calgary Street*

Talk was launched, with the new paper published and distributed through CUPS (Calgary Urban Project Society). In addition to vending, Robert became a regular columnist with *Calgary Street Talk* and began writing Rob's Corner. Today, he is still writing his monthly column that is published in *Alberta Street News*. Be sure to check out his column on page 47.

In 2010, CUPS dropped the paper, as it was found to be too costly

to continue to produce. After several attempts at contacting other street newspapers, including *Winnipeg Street Sheet*, Robert called *Edmonton Street News*, and set up a meeting with then managing editor, Linda Dumont. She agreed to mail out papers monthly to Robert for vending and distribution to other Calgary vendors who had been left high and dry. It wasn't long before there were five other Calgary vendors at work on the streets.

Robert was also concerned about the paper's name and how the word "Edmonton" affected his sales. He found a sponsor who agreed to pay the extra cost of publishing an additional four pages in each issue to include Calgary content for a period of one year - with a donation of

\$2,500. As the paper was now representing both Edmonton and Calgary, the name was changed to *Alberta Street News*, in January, 2011.

A senior now, Robert has slowed down somewhat in paper sales, but he can still be found selling papers in Kensington, having coffee at his favourite coffee shop, or having a beer at a local pub and riding his bicycle where-ever he goes. He lives alone since the death of his common law wife of 35 years, Lorna, in 2012. He has one daughter who lives in B.C.

Robert would like to thank all of the people who have supported him and other vendors through purchasing street newspapers.

EASTER BANQUET HELD FOR ALBERTA STREET NEWS WRITERS AND VENDORS

By Angelique Branston

On March 31st 2015, *Alberta Street News* (ASN) held an Easter banquet from 7-9 pm at Saint Faith's Anglican Church on 93rd street and 117 Ave in Edmonton. Due to the generous contribution from the food bank, a turkey dinner with all the fixings was served to both

writers and vendors of *Alberta Street News*.

Martyshuk Housing has recently taken over the production of ASN, but the concern and care for the well being for all of its personnel has remained the same. I was allowed to coordinate the event. Linda Dumont (Senior Edi-

tor) and Marcel Periera, (from the Inner City Lions' Club), helped me cook, set up for the banquet, and clean up afterwards. Writers and vendors shared the banquet, helping to reinforce the belief that at *Alberta Street News* everyone is treated as an equal. It is rare to find this kind of true caring and equality.

The people that attended the banquet enjoyed the meal, and Dan Scaber, a former writer and long time supporter of the paper, brought out his guitar and played and sang for everyone. All in all, the banquet was well received. Thank you to everyone who helped make our Easter dinner a wonderful success!



RIGHT TO HOUSING

June 5th & 6th

Keynote Speaker: Michael Shapcott

**EDMONTON
COALITION
ON HOUSING &
HOMELESSNESS**

A conference on housing with presentations
information fair and guided walk from Milner
Library to Giovanni Caboto Park!

Program & registration information
Available: April 15th at www.ecohh.ca



**UNIVERSITY OF ALBERTA
FACULTY OF ARTS**



**ALBERTA
REAL ESTATE
FOUNDATION**



**Edmonton
Community
Foundation**



INSIDER PERSPECTIVE with Laura Hunt



Save Lucy?

There is currently a never ending petition going on here in Edmonton. It's been going on for years as far as I have heard. Quite frankly, after having investigated the facts, I find it to be quite ridiculous. Worse than that, it makes me question why so many well intentioned (yet hopelessly misinformed) people continue to pursue this, when there are so many other actual good causes out there to get behind. It's about Lucy the elephant. She is currently 39 years old, and she lives at the Edmonton Zoo. According to the petitioners, her keepers are cruel and greedy people, who don't care about the fact that elephants are social animals. They keep her there sad, cold, and according to them desperately lonely because they want to keep making money. I myself have pointed out the facts to a few of these so called "animal lovers" with no avail. They basically just get angry, and "rip me a new one" for pointing out the facts. According to

them, there are no circumstances that justify keeping Lucy where she is. They cling to some fantasy idea that Lucy should be transported to a warmer climate, to live out the rest of her days with other elephants. No matter how wrong that would actually be for Lucy. Why would this be wrong for Lucy? It's pretty obvious actually. For starters her vets have agreed that Lucy would not survive the trip as she has some pretty serious respiratory problems. Secondly, Lucy does not know how to get along with other elephants, as she has had only human companionship her whole life. She was originally a young circus elephant when she was purchased by the Edmonton Zoo. According to what I read, the Edmonton Zoo did send Lucy to an elephant sanctuary quite a few years ago, but she was unable to adjust and was attacking the other elephants. Then there is the fact that Lucy is very bonded to her handlers. She is said to love people and she is treated like a queen. I have been to the Edmonton Zoo myself, and have witnessed her being bathed and cared for and she does not strike me as neglected or lonely. As far as the claims goes about her being cold, I highly doubt this as her zoo habitat has heated floors. While I do understand

that this is not a natural life for an elephant, from what I gather Lucy will be the last elephant ever purchased for the Edmonton Zoo. So, can we just put this issue to rest? No amount of petitioning is going to convince anyone who actually knows and cares for her to move Lucy. That's because doing so would be cruel and pointless. This is a fact.

This particular issue gets me thinking. There seems to be some kind of movement going on lately in which well-intentioned people are claiming that animals are just like humans. That animals somehow have the same ability to reason, and that their behaviors and motivations are sentient and human. I have to wonder as to why this is happening. Please don't get me wrong, I love animals too, but I do not personalize their behaviors to my own way of thinking, feeling, and being in order to somehow close the gap between us. This is not even kind to the animal in my opinion. Then I ask myself this question. Why are so many people doing this lately? Is it because they feel lonely and isolated from the companionship of other humans and this is a way of relieving the loneliness? Why are so many people willing to immediately jump on board on social media

when there is an issue of animal abuse, real or imagined, and yet, there is an attitude of apathy when it comes to the suffering of fellow humans who are homeless, unsupported, ill and in need of help? These people are actually cold and in pain, as they do not have a home. Why is it that people do not care as much about them as they claim to care about animals? It boggles the mind truth be told. We as a society are only as good and as strong as how we treat the weakest members of our human tribe. This is not merely conjecture. This is actual fact. So, in closing, I would like you to know that yes, of course, I do agree that we should be against actual animal abuse and speak out and get involved in doing something regarding this. However, we need to be just as passionate and willing to speak out and get involved in doing something about the injustices and abuses regarding our own species, if we are to create a better world to leave to our children. So, save Lucy? Lucy is doing just fine. She has a home and people who love and care for her. How about supporting causes to save your fellow man?



JOHN A. MACDONALD - A LEGACY



By Alberta Street News Staff

His legacy is a painful one for First Nations people!

The 200th Anniversary of the birth of Sir John A. Macdonald is not a cause for celebration for Canada's Aboriginal people. In addition to being the father of Confederation, he was also the father of the residential school program and was responsible for the Native reserves during his tenure as minister of Indian Affairs and as Prime Minister of Canada. First Nations and Metis people continue to live with the consequences of

his policies to this day.

In 1967, Macdonald was concerned with the settlement of Canada with European immigrants, but the First Nations people, already in possession of the land posed a problem. The reserve system put the First Nations people under strict government control with the British North America Act of 1867, and the Indian Act of 1876, governing all aspects of life from birth until death. First Nations people needed permission to leave the reserve, to engage in any type of commerce - from buying or selling a farm animal and farm produce, to selling handmade articles.

In a recently published book, Residential Schools by Larry Loyle with Wayne Spear and Constance Brassendon, under the heading of John A. Macdonald, "Friend or Foe"? they write, "His dream of a nation stretching from sea to sea had an obstacle.... Aboriginal people were in the way. In addition to

the reserves, Macdonald went a step further - he reasoned that First Nations children needed to adjust their beliefs and behaviours to the European way of life, starting from early childhood. With this as his goal he initiated a system of Indian boarding schools."

"When the school is on the reserve, the child lives with his parents who are savages; he is surrounded by savages, and though he may learn to read and write, his habits and training and mode of thought are Indian," Macdonald said, according to archived documents. "He is simply a savage who can read and write."

"If people really knew the history of Sir John A. Macdonald, I'm not sure if they would celebrate his legacy," Alvin Fidler, Deputy Grand Chief of Nishnawbe Aski Nation, told QMI-Agency. Nishnawbe Aski Nation represents 49 First Nation communities in Ontario.

"Many Canadians know

only the conventional history of Macdonald as the 'Father of Confederation,' yet, for many First Nations the legacy of Sir John A. Macdonald is a painful one," National Chief Perry Bellegarde said. "First Nations are often lectured about 'not living in the past', but the decisions, policies and actions that are preventing First Nations from achieving the same quality of life and the full expression of our rights to control our lives and lands have a foundation in the early decisions of the settler governments. The commemoration of Sir John A. Macdonald's birthday should be an opportunity to commit ourselves to understanding our past, so we can understand how we can move forward together to create a country where we all thrive and benefit from the beauty and riches of this land."

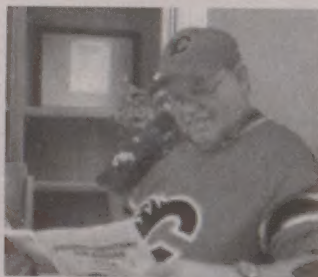
MONARCH BUTTERFLIES

Monarch butterflies are the most beautiful of all butterflies, some say, and are considered the "king" of the butterflies, hence the name "monarch".

Did you know that the Life Cycle(s) of a Monarch butterflies go through four stages during one life cycle, and through four generations in one year. It's a little confusing but keep reading and you will understand. The four stages of the monarch butterfly life cycle are the egg, the larvae (caterpillar), the pupa (chrysalis), and the adult butterfly. The four generations are actually four different butterflies going through these four stages during one year until it is time to start over again with stage one and generation one.

See more: <http://www.monarch-butterfly.com/>

RYAN ROBERTSON & SOME POETRY



We're Close
I saw
You today
And
I must say
That
You looked
Beautiful
Beyond Belief
You made my day
And have
For a long time ...
We have experienced
So much
Together
It's as if ...
We're never apart
And really
We're not
Cause all
I have to do
Is think of you
And you're here

Thanks Friend
I can't imagine
What life
Would be
Without you
In mine
It wouldn't
Be wholesome
Or fulfilling
That's for sure
Cause everyone knows
For love
There is no cure
So I'll always
Be your friend
And we could
Really
Start a trend

Sharing and caring
You changed
The time
To meet
From 10:00 am
To 9:30 am
You weren't
Angry
When I phoned
To say
The Flames
Had a point
It is becoming more ev-
ident
That you care
For one thing
We really do
Is share!



TAE'S PRAYERS
By Trae Brown
Sent in by Judy Brown,
Trae's great-grand-
mother. Trae in almost
6 years old.

"God and the Holy
Bible"

God is the best God
ever. He can help
people and He also can
help animals.

But Satan is mean. But
God is nice.

God is going to defeat
Satan.

God's angels and His
helpers gave Him a
present. It is a Bible.

God is in the Bible.

I will play with You
God.

TAYA'S PRAYERS

By Taya Brown

Sent in by Judy Brown, Taya's great-grandmother.
Taya is almost 7 years old.

Thank you God for giving me everything I need.

And I pray that You can help the hungry people
God.

And I love You God because You made the birds
and the bees and the rivers. That's why I love
You. And You made me special and You made my
Granny, Grandpa, Mom, Everly, Dad, Great Great,
Noni, Uncle Tim, Uncle Matt and Auntie Jenna
too.

And I thank You God, for everything You give me.
You give me food, and water, and You give me air,
and you give me a good family and Your angels
will protect me from harm. And God can do every-
thing. And God is in my heart.

God is too strong for anyone. And one day God
will defeat Satan because Satan is very, very bad.
He makes people mad and bad. And God said, "Go
away Satan in Jesus' Name. I force you to go away
now Satan."

God will help us no matter what, and God is my
best friend in the whole wide world.

Oh, oh, here comes a God song.

Jesus loves me this I know
For the Bible tells me so
Little ones to Him belong
They are weak but He is strong.

Yes Jesus loves me. Yes Jesus loves me.
Yes Jesus loves me. The Bible tells me so.

So now it's time to go back to the Bible. Jesus died
for our sins. He carried a big heavy cross on His
back and He got hung on the cross. After He was
on the cross, they put Him in a cave with a stone
rolled in front of it. When they went to look in
the cave on Sunday, He was not there. The people
worried that He went up to Heaven again. Then
they went to this special kind of place and Jesus
was in there. And everybody shouted with joy!

The End

EDMONTON COALITION ON HOUSING & HOMELESSNESS (ECOHH)

Housing, Home, And Hope

This column is provided by Edmonton Coalition on Housing and Homelessness. For more information about this community organization, see www.ecohh.ca. ECOHH invites people and organizations to become members in support of its work. ECOHH has an email service that sends a wide variety of news and research items to interested people. To be added to this service send your email address to jimgurnetta@yahoo.ca.

Learn More About Why Housing Is Important

Early June offers Edmontonians a great opportunity to learn more about both the crisis in housing that makes life difficult for many people in our communities and to be part of creating solutions. ECOHH is presenting a conference, "The Right to Housing," on June 5 & 6. It will feature one of Canada's leading experts on housing, Michael Shapcott. There will be a session at a tipi to learn about Indigenous understanding of home, small group walks through the urban core area with people who live with the experience of homelessness, presentations on Canada's past history of providing affordable housing for people and on some aspects of the current crisis-- and even some time to enjoy the music at the Heart of the City

Festival. Registration is limited to 100 people and is now available at www.ecohh.ca or by contacting Jim Gurnett at jimgurnett@yahoo.ca. Regular cost is \$75, student and low-income rate is \$40.

Netherlands Offers New Way To Make Housing Affordable And Build Community

Often students find the cost of housing a large expense as they are busy getting an education and have limited incomes. And older people who move into nursing homes often suffer because they lose connections to the full diversity of a community. A new initiative in Europe is offering a place for students and older people to live together, with benefits for all.

<http://www.phs.org/newshour/rundown/dutch-retirement-home-offers-rent-free-housing-students-one-condition>

Tough To Find Places To Spend The Day When You Are Homeless

A decision by the Development Appeals Board of the City of Edmonton has ruled that Salvation Army cannot rebuilt its facility on 95th Street that has provided a cold-weather drop in location for those who are seeking assistance or just have no place to go. Some in the neighbourhood strongly opposed the application to build. With the denial of rebuilding, Salvation Army will con-

tinue to provide a place using Bethel Chapel, two blocks north of the closed building on 95th Street.

<http://www.cbc.ca/news/canada/edmonton/edmonton-development-board-blocks-plans-for-sally-ann-church-1.3027990>

Homeless People Prevented From Resting In Public

Around the world there are aggressive measures to keep homeless people, who often are evicted from emergency shelters early in the morning and have no place to spend their days, from being able to relax at the public areas that might offer room. But even when concerns cause some of the meanest of these actions to be halted, the overall support for more housing so people were not left at large and exposed remains weak and too many people are still homeless.

<http://www.truth-out.org/opinion/item/29952-sprinklers-off-still-homeless>

Libraries Providing A Source Of Welcome

One place that has shown concern for the well-being of homeless people is the public library. Edmonton Public Libraries, especially the downtown Milner Library, have a tolerant and welcoming approach, even having social workers on staff who assist those needing referrals and assistance to find housing and other services. And in New York there is a spe-

cial effort to ensure children in families experiencing homelessness will at least have access to book.

<http://metronews.ca/news/edmonton/1336253-how-edmontons-lack-of-day-shelters-ends-up-in-a-library-chair/>

<http://www.bustle.com/articles/74440-new-york-city-putting-libraries-in-homeless-shelters-to-make-sure-that-homeless-children-have-access>

Being Poor Is Bad For Your Health

People who live deeply in poverty are unlikely to have good safe housing. In Alberta communities each day there are thousands of people with no where at all to live, or depending on a mat on the floor in an emergency shelter. There is lots of evidence that not having a proper place to call home results in a wide range of health and safety problems that can be costly to the health system and make life miserable for the people involved, and even resulting in earlier death for many. This article discusses 10 major health problems faced by homeless people.

<http://www.homelesshub.ca/blog/what-are-top-10-health-issues-homeless-people-face>





PROUD SUPPORTER OF



Martyshuk Housing encourages and supports the development of innovative private-public-community-client partnerships to provide permanent supportive housing that is safe, secure, and affordable to low income individuals, especially those who are homeless or at-risk of becoming homeless. We adapt our services to clients and not clients to our services.

Our Vision is to provide Homeless-free communities where everyone, regardless of background, lifestyle, ability, or creed, can live and thrive in safe, healthy and supportive permanent housing with dignity and pride.

By dreaming big and keeping this dream alive, we know this vision will become reality. Contact us if you would like to be a part of the Martyshuk movement to abolish homelessness.

You can read more at:

www.martyshukhousing.ca

CONTACT INFO

Phone: 780.758.1470

Fax: 780.758.1471

Email: info@martyshukhousing.ca

REACHING FOR THE STARS



By Sabrina Charles

Who Are You?

In last months edition of *Reaching For The Stars*, I shared with you my journey to self discovery and your homework was to start the thought process of figuring out who you are. So now we will pick up on that and help you really dig into that statement. So, who ARE you?

The best way to connect with who you really are is to go back to childhood and think about all the things that made you, YOU. What did you enjoy doing? Were you an artist who loved to paint and color; constantly doodling on your notebooks and anything you can get your hands on? That was definitely a big part of my childhood. Always doodling on everything! Perhaps you were a dancer or a performer. The stage was where you were most comfortable. Again, that was a huge part of my childhood.

Perhaps you loved Music. You were a natural at playing all kinds of instruments. You could pick them up once and learn

them in a flash. You'd spend hours playing whatever instrument you had access too. Or even, the flip side of that, you loved listening to music. Those two definitely were a huge part of my childhood. Funny thing is, I had a hard time reading sheet music. I could listen to a piece once, and then play it right after. All by ear.

Perhaps creativity wasn't your thing, you were an action kind of child. You loved sports, all different kinds. You loved the feeling of competing with others, in various ways. This is what fueled your fire. Even though I played softball in my younger days, it wasn't something I really enjoyed. Pretty sure my parents pushed me into it so that they had another way to hang out with their friends at the games.

Perhaps you loved all things academics. You loved school. Reading was your thing. It was your escape from reality. You drove your parents crazy because you always needed another book to read. Or maybe it was Mathematics & Science that were absolutely fascinating to you. The constant need and drive to figure things out; how they work and how you relate to them.

Going a bit deeper into Academics, you were a diplomat. You were the politician in school, always running for Student Council and attempting to keep

the balance within your class & school. You were a natural born leader and that's what made you tick.

Now it doesn't matter if you had a phenomenal childhood, filled with incredible memories or a childhood filled with traumas & lack; a constant struggle for your family. None of that matters; you know why? Because deep down inside, you were still a dreamer! You still had hopes and dreams and creative ideas that filled your mind and sometimes they were the only great comfort you had. Perhaps that is still your world today.

The fact that you are always dreaming about a better way or "if only I could be a..." means that the little child inside of you is still alive and is ready to come out and play. We, as adults, lose our connection to that inner child and in doing so, cut ourselves off from the Creation Process. Remember this, the Mighty Universe is listening to every single thought and wish and spoken word you state; it hears all of that creativity, that is pent up inside of you, and it is ready to deliver all your wishes. But there is one magic little ingredient that is necessary to bring it all about. Belief!

You have to believe in yourself before anyone else on the planet will believe in you. You have to dig deep down inside and push that energy to the

surface, tearing off that hard outer shell that life & harsh reality has built around you. You have to stand up and fight back against all that society has pile up upon you. But you will have to start believing that you can do so.

This quote really wraps it up in the nutshell: *"Whatever the mind can conceive, and bring itself to believe, it can achieve."*
- Napoleon Hill

So where is your belief level now? Did I start cracking that outer shell which has been there for decades of your life, hiding the true you? Well, I'll bet I did; but really, it was all you. You are the one reading this and it either has resonated with your very being to the point that you are ready to start on a new journey or it hasn't. If it has, then you are starting to remember Who You Are; cause it's not a matter of figuring it out. No, no. It's about remembering who that child was; what their hopes & dreams were and revealing that inner child to the whole world & Universe. And that's when the Magic will start happening in your life! Until next time, Believe In You!

**Peace, Love & Joy,
Sabrina**



CON BOLAND - The Fluoride Time Bomb



By Con Boland

Proponents of water fluoridation say that Fluoride is a natural substance found in nature that prevents cavities and in small amounts is safe to ingest. It is true, that naturally occurring Calcium Fluoride exists in our rivers, and that Sodium Fluoride is used at dentist offices and in the pharmaceutical industry.

Yet, what our City Council is directing EPCOR Water Utilities Inc. to add to our water supply is neither Calcium Fluoride nor Sodium Fluoride: but unprocessed, industrial waste – highly corrosive and toxic Hydrofluosilicic Acid.

So, for starters, let's call it what it really is. We are adding to our drinking and bathing water toxic waste from the pollution scrubbers in smokestacks of the phosphate fertilizer and aluminum mining industry.

The benefits of water fluoridation have long been in doubt, but shockingly, accumulating evidence now points to a frightening prospect -- that fluoride may have serious adverse health effects: including

higher infant mortality, congenital defects and the lowering of IQ in children.

Hydrofluosilicic acid is in fact a potent neurotoxin, recognized by prestigious medical journals: it disrupts the endocrine system, destroys the thyroid gland, calcifies the pituitary gland, makes our bones brittle, and aids in the formation of arthritis.

Dentists and the pharmaceutical industries use Sodium fluoride – but it is a “dumbing down” ingredient of the mind destroying ‘miracle’ drug Prozac and Sarin nerve gas. It is also the key ingredient in rat poison and a key reason why 98% of European countries, and the world, have already banned water fluoridation.

Six decades after its first introduction in the USA, most countries have rejected the practice. It is North America's 9th decade, and in Edmonton water since 1966!

Water Fluoridation is nothing short of unethical, perhaps even illegal ‘medication’ of the masses without their knowledge or consent.

The Edmonton based “We Deserve Safe Water” organization continually requests EPCOR's files. Joanne David from this group told me that EPCOR Water Utilities, Inc. is 100% owned by us the people, and 100% owned

by the City of Edmonton.

Therefore, she said, we should have the right to ask important questions and get answers. Just this week a member of the We Deserve Safe Water organizations was once again rejected, and simply told by EPCOR: “we cannot release any information about water fluoridation”.

Why such secrecy on something we all ingest? EPCOR Water Utilities Inc. media spokesperson Stephen Craik said: “The chemical we use in Edmonton comes from an industrial plant in Wyoming, USA.”

All such toxic compounds come with skull and bones warning labels and without further testing are dumped directly into our bathing and drinking water.

What surprises me is that many overlook the fact that almost none of it even reaches our teeth as 99.98% of this toxic chemical laced water is used for bathing, doing dishes, laundry, flushing toilets, washing cars etc. Even when I water the fruits and vegetables in my own garden I cringe at the thought that I am poisoning them with unwanted fluoride and of course, without my consent.

Thus, this highly toxic and dangerous chemical ends up in our bodies, in our waste water and our ground water – ending up

in our rivers and oceans where it poisons fish and all life forms alike.

Fluoride can also cause Dental Fluorosis, attacking and pitting our teeth enamel. The emotional impacts on unsightly dental fluorosis, especially in young girls, are profound. Dr. Paul Connett reports that as many as 40% of children today have excess fluoride intake. Imagine what Fluoride does to our bones.

A study done in India showed that Fluoride contributes significantly to gum disease, and a Harvard study proved that fluoride lowers IQ in children.

Even the world's oldest and most prestigious medical journal “The Lancet” recently published a report classifying Fluoride as a dangerous neurotoxin. This report puts Fluoride in the same category as Arsenic, Lead, and Mercury.

This should be HUGE news for us all. But our mainstream media, which serves mostly its large corporate masters with their singular interests in profits rarely talks about such important findings. Personally, I have long known of the toxicity of Fluoride and Chlorine, both substances we should not drink. Thus, for many decades I have charcoal filtered and distilled my drinking water. Reverse Osmosis also works, and is still 90% effective. Com-

The Fluoride Time Bomb *cont'd*

mercially available filters do help only taste but leave the toxic compounds in.

When you bathe or shower in Fluoridated water; it comes in direct contact, not with your teeth, but with the largest organ in our body – your skin. I find it sad to see the world's top scientists and medical journals confirming its dangers and still, we continue poisoning our water supply unabated. Both Rose, my wife and I decline fluoride treatments at our dentist and we have found great, non-fluoride toothpastes. You can even make your own. Do your own research, as there are thousands of ways to achieve excellent oral hygiene, without toxic and dangerous chemicals.

Six decades after its first introduction, most countries have already rejected the practice. Yet, more than 70 percent of us, North Americans, as well as 200 million people worldwide, are still drinking fluoridated water.

The Center for Disease Control and the American Dental Association continue to promote mandatory statewide water fluoridation -- despite increasing evidence that it is not only unnecessary, but hazardous to human health. In his important book, Dr. Paul Connett, Dr. James Beck, and Dr. H. Spedding Micklem argue that just because the dental and medical establish-

ments endorse a 'public health measure' doesn't mean it is safe. In fact, no tests demonstrating human safety have ever been done.

When you think about it, don't you find it telling that it is illegal and considered an act of terrorism to dump this toxic waste into the sea or local surface water -- yet, corporations can legally sell it for profit and put it into our drinking water and thus our bodies?

To make matters worse, fluoridation programs receive no oversight from the FDA, the Food and Drug Administration. I learned that the FDA stands for 'Fraudulent Drug Administration' or as some have coined in humour 'For Dumb Americans'. To learn just how corrupt the FDA really is, just look at its history and its close ties with poisonous chemical producing corporations. (Fluoride, Glyphosate, Aspartame, etc.)

Is it not telling that even the Environmental Protection Agency takes no responsibility for fluoridation damage to our health? The Hippocratic Oath taken by doctor's states: "First do no harm". So from this standpoint alone, water fluoridation is an unethical medical practice as individuals are being forced to take medication without their informed consent while there is no control over the dose, and no monitoring of harm and side effects.

Journalist Christopher Bryson claims in his new book "The Fluoride Deception" that the post-war campaign to fluoridate drinking water was not a public health innovation, but a public relations ploy sponsored by industrial producers of fluoride -- including the government's nuclear weapons program. He examined the background of the fluoridation issue and found that research challenging fluoride's safety was either suppressed or not conducted in the first place. He states: "Fluoridation is a triumph not of medical science but of US government spin".

I am proud of Calgary's leadership, as a few years ago they stopped water Fluoridation. I hope that our current Mayor (who is known to be on the wrong side of this issue) and our City Council will soon learn of the facts, and follow 98% of Europe and do the right thing.

The reason I so often write about this truly insane practice, here and post on my Facebook pages is that unlike many other pressing issues, it is so easily fixed -- simply change the position of the Epcor water treatment plant tap from "on" to "off". Our City Council can make this happen.

Not only will we have safer water, we will also save tax dollars, as we pay close to \$1,000,000

per year plus the added labour cost of mixing this toxic sludge in our water. That is not to mention the capital costs to run and house the chemical.

You can help by supporting the Edmonton based petition below. Some 3,500 people have added their names already but so far most of our politicians don't seem to care or prefer to remain ignorant. With large enough numbers, we will succeed.

Here are some valuable links. We Deserve Safe Water, For a Fluoride Free Edmonton & Alberta

www.WeDeserveSafeWater.com/petition

www.WeDeserveSafeWater.com/science

www.WeDeserveSafeWater.com/contact-edmonton

www.facebook.com/WeDeserveSafeWater

In Edmonton, as a City of Champions we are lagging behind the rest of the world. So let's get this simple thing done, for the love of our children and the benefit of all.



DETAXATION AND THE GROWTH OF ...



By Timothy Wild

I recently read a report, written by Professor Kathleen Lahey of Queen's University and published by the Parkland Institute, titled "The Alberta Disadvantage: Gender, taxation and income inequality". The document does an excellent job of detailing the various reasons why there continues to be such a large, gender based income gap in our province. It also explores the role that the "flat tax" policy of the Conservative government played in maintaining, and indeed expanding, economic, social and cultural inequality in Alberta, and its link to female (and to a large extent children's) poverty in our province. Lahey's report then graphically illustrates the complete and utter absurdity of continued over-reliance on low royalties from the exploitation of a commodity with volatile price levels instead of adopting a predictable and sustainable approach to public sector financing. For the true believers in the need for greater equity and equality between men and women, and the role

that progressive income and Corporate taxation can play in securing this vision, this is certainly required reading.

While not perfect, there had been advances in terms of gender-sanctioned income equality, particularly through the 1970s and early 1980s. However, many of these incremental gains have been either stalled or reversed. There are a number of reasons for income inequality between men and women. As the report illustrates, more women are involved in part-time work, and are working in lower paid sectors of the economy. Obviously, wage rates themselves are responsible for a significant share of income inequality. Additionally, there is the fact that women tend to have greater unpaid familial and social responsibilities (such as with child- and elder-care) which limit their ability to participate in a more secure and integrated basis in the economy. However, in addition to these structural barriers, there is also the impact of the ideological instrument of "detaxation".

Lahey suggests that detaxation is "a type of tax cut designed to permanently restructure the provincial revenue structure". Lahey argues that "detaxation in Alberta has especially ad-

versely affected women, shifting disproportionate amounts of the province's annual tax share to women and low-income men in order to fund tax breaks for corporations and high-income individuals". She states that "while many factors have affected the status of women in Alberta, the shift from equity-based tax policies to flat-rate and low-rate taxation implemented at the turn of the (21st) century have coincided with a marked downturn in women's status and life chances". As evidence, she points to the fact that women's income in Edmonton in 2011 was approximately 65% of men's, while the Calgary figure was an even more appalling 58%. And men in Calgary earned about \$30,000 more than women working in the city. As mentioned, these income differentials are related to the interaction of a number of variables including sector of employment, wages and the differing impact of socially constructed family relationships and responsibilities. But there is also the reality that "government" is playing a more limited role in terms of animating the growth of equity and equality, and leaving more and more up to the brutal vagaries of the so-called market.

Even with the recent

modifications introduced by the Budget, the policy of detaxation has caused significant damage and social dislocation. There has been a nudge towards progressive taxation, to be sure. However, there were also increases in user fees, the re-introduction of health premiums (not employer paid), and increases to consumption taxes. The bottom line is that most of these tax changes will be applied to everyone equally regardless of income, perhaps even having a greater impact on lower income Albertans if one accepts the notion that consumption taxes have a class bias. The result is that the cost of addressing Alberta's fiscal mismanagement and over reliance on royalty income in the boom years will be borne by the low income earners who benefitted least from the bounty of high oil prices.

Lahey notes that the detaxation system results in fewer resources to the public treasury, which radically limits the ability of government to offer programmes and services designed to help create conditions supportive of greater inclusion and participation. For example, billions of dollars were lost when the provincial government changed from a more progressive to a flat tax system. The recent changes will not

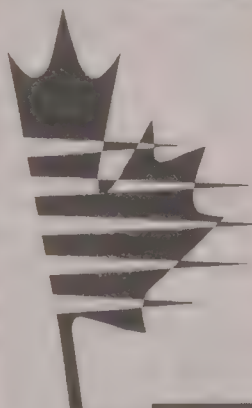
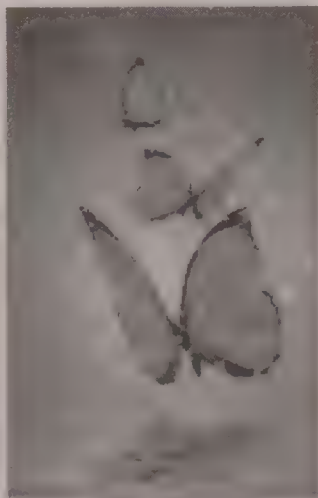
... WOMEN'S INEQUALITY

compensate for those losses, and attendant hardships. Furthermore, the detaxation system has a greater impact on lower income individuals and, as mentioned, the income of many women tends to fall into this category.

As a potential solution, Lahey makes a number of policy recommendations, including a graduated system of progressive personal income tax. Mirroring the work of Public Interest Alberta, she notes that this could involve adding bands of 13% and 15% to higher rates of income. She also suggests adding a rate of 16% for incomes over \$250,000. This would result in an additional \$1.6 billion; definitely programmaticaly helpful from a public policy perspective. However, she notes that these advances, while adding to the treasury, will not necessarily help individual low income people in terms of disposable income. Therefore to assist with that larger redistributive function, Lahey argues that there also be the creation of two new lower tax brackets of 8% and 9%. If these tax rates were adopted in addition to the three higher brackets and the existing 10%, Lahey calculates this would result in an additional \$1.27 billion in public revenues and a greater measure

of equity in the taxation system. Certainly, half a billion less, but also significantly much fairer on a number of levels. And it could support the development and implementation of so many much needed progressive policy options, such as quality child-care and the provision of affordable housing.

At root, if we want to fight poverty, particularly for women and their families, we must address the problem of income inequality. But it has to be tackled in a comprehensive manner through transformative public policy and a guiding framework rather than simply promoting slightly more women into upper management. Lahey's report provides excellent ideas on how we can create both common wealth and individual autonomy by attacking poverty and inequality through truly progressive taxation. Not a bad idea!



PETER GOLDRING
Member of Parliament
Edmonton East

PETER GOLDRING ENCOURAGES ORGAN DONATIONS

Inspired by a gift received by my sister, I delivered a statement in the House of Commons praising those who donate organs and encouraged others to do the same. It is important that we contribute to the well-being and lives of others, through whatever means possible.

Organ donation is a simple act that can have a profound effect on those waiting for transplants and their families, such as my own. My sister survives today because of such a gift, a Godsend, to which we are all eternally grateful.

While some organ donations are from living donors, I encourage people to donate their organs after death. On average, organs from one individual can be used in eight life-saving procedures such as heart transplants. A further 50 people can be positively affected through donations of tissue or other organs.

In 2012, 3,404 Canadians had health needs requiring such a transplant, but only 2,124 took place. A total of 256 people died while on the waiting list. Many more donations are needed. On the whole, Canada's organ donation rate is behind that of countries such as the US, Italy, Belgium and Spain.

Individuals and families selflessly become organ donors, contributing this wonderful gift of life when others are most often in moments of deep sadness and despair, about to lose a loved one.

Having experienced this personally with my sister, I encourage this generosity and compassion for a second chance to be repeated many fold. When the opportunity for a renewed life is available, we must think of others for both the sake of those dying and their families. What do you think?

For more information, please contact: 'Organ, Tissue and Eye Donation' (Formerly 'HOPE Program') at MyHealth.Alberta.ca or through the Government of Canada at <http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/donation-contribution-eng.php>

780-495-3261 www.petergoldring.ca

BACK ON TRACK with Sarah J. Barendse



Self-Sabotage

Our lives are a reflection of how we feel about and what we believe of ourselves.

It's often times easier to look around and see a world in chaos and blame that for the issues we have in our own lives. The problem is, it is not only false, that belief also keeps you powerless because so long as the problem is "Someone else's fault"... you can't do a darn thing to fix them. It's immobilizing and can be life halting.

Often times when we end up in a bad situation, whatever that may be, the easiest thing is to point the finger and declare that "I cannot believe so and so did this to me!"

In reality, every situation, no matter how screwed up, is self-created and/or at the very least co-creat-

ed with that other party. That fact has been a tough one to face at times in my own life as I have gotten into some precarious situations in which I would have preferred to have owned no part of the responsibility. Ultimately though, no one got me there but me. Likewise, no one else could get me back to where I wanted to be but me.

Self-Sabotage is never done purposefully and rarely even consciously.

It is often done in the name of self-sacrifice in an attempt to help or save other people. The intent is viewed as good, even at time altruistic. After all, who on earth would want to make bad decisions for themselves that would harm their life and well-being? No one.

Subconsciously, however, is whole other ball of wax.

Underneath this outer veneer we show the world, and often show to ourselves, lies our base primal thoughts and programming. They are what drive us on an instinctual and reactional level.

What phrases or words do you hear in your mind? What thoughts do you think repetitively?

These can be things that were said by your parents, friends, enemies, random strangers, whomever... They can even be thoughts and opinions you have formed yourself over time... certain thoughts and core level beliefs run deep within us, ingrained and stuck in a loop.

Are you holding on to anger, resentment, or fear?

If you find yourself constantly in a state of feeling like your life is out of control and going in the wrong direction, I can almost guarantee you are subconsciously sabotaging yourself.

How do you change that?

Being brave enough and caring about yourself enough to want to heal is the first step.

Being open to facing yourself, truthfully, come what may, is vital. There are no right or wrong an-

swers or feeling here. Like life, it's all just a learning and growing experience. We are all perfect in our own unique state of imperfection. We are works in progress and self-acceptance leads to self-love and that is key. I have read tons of articles that seem to believe that you can change your behaviors based purely in purposefully correcting your thoughts. While I view this as helpful, unless you can root out the core of where that thought came from in the first place and release that I don't see how it can ever truly be healed. That approach seems more like a band-aid as opposed to good stitches and soothing salves.

If you have access to a computer, some ear phones and a little privacy I recommend:

One of the best courses I have found on this is at DailyOm.com. This is a course by the late Debbie Ford. "Overcoming Self-Sabotage" is an 8 week audio meditation course that helps you relax and access easily the information from within that

BACK ON TRACK *cont'd*

you are looking for.

Here is the course link if you are interested in overcoming self-sabotage: <http://www.daily-om.com/cgi-bin/courses/courseoverview.cgi?cid=15> or you simply search "Daily OM Overcoming Self-Sabotage" and it will come up.

Topics Covered:

Overcoming
Self-Sabotage

Taking Inventory of
your Biggest Life
Lessons

Breaking Through
Toxic Emotions

Discovering Your
Unmet Needs

Breaking the Trance
of Denial

Maybe You're Just
Hurt

Uncovering
Unconscious Patterns

Feeling Safe in the
Face of Fear

The Destruction of
Hidden Rage

Are Your Excuses
Keeping You Stuck?
The Gifts of Standing
in Your Power

The Sacred Art of
Surrender

Making Peace with
Your Pain

Healing the Split
between Ego and
Spirit

I did this course myself several years ago and was amazed at the things that came up I was still holding onto that I had previously thought I long ago gotten over. If you do not have access to a computer, this can still be accomplished through focused meditation on your own.

All you need is
quiet space and some
privacy.

1. Get into a comfortable position- either laying down or sitting.

2. Relax and focus on your breathing.

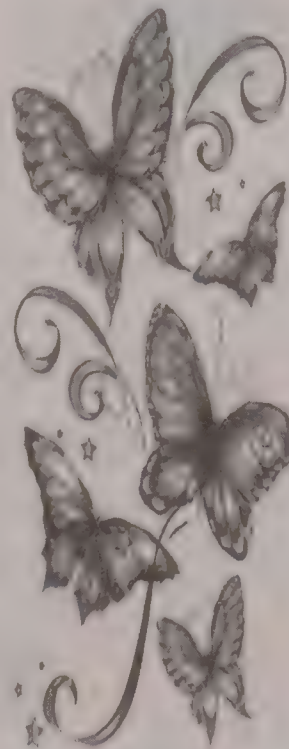
3. Release all thoughts from your mind. If this is too difficult, try using a mantra (repeated thought) "I allow the release of all that is no longer in my best and highest interest"-or something similar.

4. Whatever thoughts come into your mind, allow them and just let

them go. Even if you do fall asleep, that is ok too. This is setting your intent to heal on a vibrational level.

5. Repeat as often as you like....you cannot meditate too much!

Be patient with yourself. You didn't develop these thoughts and behaviors overnight and it may take a little time to reprogram them. It's time to let the old fall away to make room for a new and better life and a happier you!



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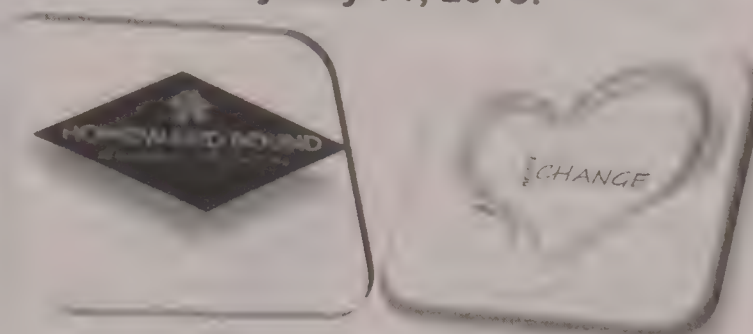


**Alberta
Street
News**

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JUSTICE FOR ALL?



By Sharon Spencer

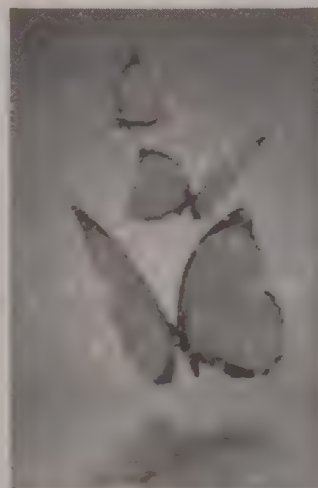
Justice For All ?

Every once in a while, when I was growing up, my father would offer up some of his sage advice that he hoped would help to guide me through life. "Sherry", he would say, "Be fair and people will always treat you with fairness." So, I grew up with a somewhat imprecise observation on life. I thought fairness ruled for all, but....ah ha....not so.

Canada is consumed with an overpowering, outraged voice demanding justice for Cindy Gladue, and for all the rest of our sisters and brothers that have been ignored for so long. As in the story of Cain and Abel, God came to Cain after he had killed his brother and spoke. In the middle of the conversation God said. "Innocent blood cries out from the ground." No split blood goes unnoticed by God: As Cindy lay dying all alone in that bathtub, she cried out and God heard her.

Will we finally see justice for Cindy in the court of appeals? Or, will we have another mockery of disgrace in trial because of who she was and the profession she worked in? Will that be used as the evidence of the determination of her fate? What does justice stand for in Alberta? Are there to be invisible lines drawn between color, creed and status? Are the First Nations people expected to stand in line for justice, or shall there truly be justice for all? Canadians are known around the world as peacemakers with a deep sense of fairness. Well....listen up Canada. The dead are crying out to you so please do not ignore them anymore.

Psalm 9:16-The Lord is known by his justice, and the wicked by the works of their hands.



Alberta Street News

VOLUNTEER OPPORTUNITY

Alberta Street News is a local paper published in Edmonton, Alberta. Our 'Street' paper focuses on issues surrounding individuals that have barriers and are at risk at becoming or are currently homeless. We work in partnership with Homeward Bound Support Services and Martyshuk Housing. Our network of companies provide housing, employment and supports to these individuals.

We are currently looking for Volunteers that have an interest in Writing, Journalism, and Print & Web Design to work with our Team.

If you would like to become a Volunteer to gain experience for your future, please contact us at *Alberta Street News*...

melissa@albertastreetnews.org

780.399.6788

www.albertastreetnews.org

www.hbss.ca

www.martyshukhousing.ca

There is a Reason, a Season or maybe it's just Time ...

To contact you.

If the door knocks, or the phone rings, or you're at place ...

Out of the blue

And I am the one knocking, or calling or bumping into you...

There is a Reason, A Season or maybe it was just Time!!

RESOURCES

FREE MEALS IN EDMONTON

Bissell Centre

10527 - 96 Street

Meal Schedules:

Monday to Friday

Sandwiches 10:00 a.m.

Snacks 2:00 and 6:00 p.m.

Tuesday and Thursdays - Hot lunch for Women at 12:00 p.m.

Inner City Pastoral Ministry

10527 - 96 Street (Bissell Centre)

Meal Schedules:

Sunday 12:00 to 1:00 p.m.

After the Church Service

Christ Church

12116 - 102 Avenue

Meal Schedules:

3rd Sunday of the month

5:30 p.m. meal

Lighthouse Ministries

3010 - 119 Avenue

Meal Schedules:

Wednesday and Sunday

1:00 and 7:00 p.m. Meal

Salvation Army

9620 - 101 A Avenue

Meal Schedules:

Thursday 12:00 to 3:00 p.m.

Friday 7:00 to 8:30 a.m.

Hope Mission

(*80) 422-2018

Meal Schedules:

Breakfast 7:00 to 7:45 a.m.

Lunch 12:00 p.m.

Supper 5:00 to 6:00 p.m.

All Saints' Anglican Cathedral

10035 - 103 Street

Meal Schedules:

Thursday 12:45 p.m.

Friday 7:30 - 9:30 a.m.

Breakfast served November to March

St. Peter's Lutheran Church

9606 - 110 Avenue

Meal Schedules:

Tuesday, Wednesday & Thursday

7:00 to 9:00 a.m.

Marian Centre

10528 - 98 Street

Meal Schedules:

Daily EXCEPT Wednesday

12:00 to 12:45 p.m.

Closed from the 27th of each month to re-open for the 1st of next month

Boyle Street Community Services

10116 - 105 Avenue

Meal Schedules from Nov to April

Monday to Sunday

Breakfast 7:00 a.m.

Lunch 11:30 a.m.

Meal Schedule Summer

Monday to Friday

Lunch 11:30 a.m.

The Mustard Seed

10036 - 96 Street

Meal Schedules:

Monday to Friday

7:00 to 8:00 p.m.

Zero Tolerance to alcohol!

Operation Friendship

9526 - 106 Avenue

Meal Schedules:

Monday to Friday

Breakfast 9:00 a.m.

Monday to Sunday

Lunch 12:00 p.m.

Supper for Seniors 55 and older

ONLY 5:00 p.m.

Red Road Healing Society

4225 - 118 Avenue

Meal Schedules:

Tuesday & Thursday 5:00 p.m.

Meal:

Friday 12:00 to 1:00 p.m. Soup & Sandwich

Robertson Wesley United Church

10209 - 123 Street

Meal Schedules:

Sunday Dinner

3:30 to 5:00 p.m.

St. Faith's Anglican

11725 - 93 Street - Parish Hall

Meal Schedules:

Thursday 11:00 p.m. Soup

Saturday 8:30 to 10:00 a.m. Breakfast

3rd Friday of the month 7:00 p.m.

Supper

B's Diner

100 Street & Whyte Avenue

Meal Schedules:

Wednesday 1:00 to 3:00 p.m. Meal

Edmonton Orthodox Reformed Church

11610 - 95 A Street

Meal Schedules:

Thursday 6:15 p.m. Soup & Study

Victory Café and Soup Bar

13411 Fort Road

Meal Schedules:

Monday 5:30 to 5:45 p.m. Meal

Jasper Place Health & Wellness Centre

15210 Stony Plain Road

Meal Schedules:

Tuesdays 6:00 to 7:00 p.m.



pixel

ANIMATION & ILLUSTRATION

CLASS STARTS FALL 2015

Pixel Blue College changed my life. I was able to turn my love for animation into a career, something I didn't think was possible.

- MEGHAN H.

RESOURCES

MEALS & RESOURCES IN CALGARY

Drop-In Centre

2nd Floor

1 Dermot Baldwin Way, SE

Meal Schedules:

Breakfast 7:00 a.m.
Snack 9:30 a.m.
Lunch 12:00 p.m.
Snack 3:30 p.m.
Dinner 6:00 p.m.

Center of Hope

420 - 9th Avenue, SE

Free for Clients, Open to Public for small charge

Meal Schedules:

Breakfast \$2.50
Lunch \$3.00
Dinner \$4.50

Exit Community Outreach

117 - 7th Avenue, SW

Meal Schedules:

Sunday 1:00 to 5:00 p.m.
Emergency Meals

Calgary Inter-Faith Food Bank

(403) 253-2055

Food Hamper

NeighbourLink Calgary

(403) 209-1930

Food Bank

Youth Shelter

112 - 16th Avenue SE

Meal Schedules:

7 days a week 4:00 to 9:00 p.m.

Inn from the Cold

(403) 263-8384

Emergency Food

Community Supports

Streetlight - Youth for Christ

Parks at 10th Avenue & 1st Street, SE

Meal Schedules:

Monday & Thursday
Emergency Meals

Alex Community Health Centre

Unit 101, 1318 Centre Street, NE

Meal Schedules:

Thursdays ONLY at 10:30 a.m.
Food Bank

Calgary Street Church

Meals on the Street outside City Hall

Meal Schedules:

Wednesday 6:00 p.m.
Friday 6:00 p.m.
Sunday 1:00 p.m.

Muslim Families Network

Society, Halal Food

8336 - 34th Avenue, NW

Meal Schedules:

Monday & Thursday
9:00 a.m. to 12:00 p.m.
Community Meals

Calgary Poppy Fund and Veterans

Meal Schedules:

Monday to Friday
10:00 a.m. to 3:00 p.m.
Food Bank

CUPS (Calgary Urban Project Society)

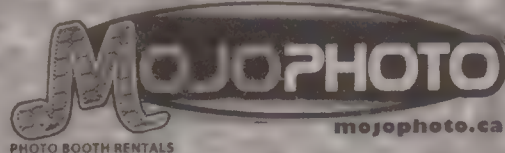
128 - 7th Avenue, SE

Food Hamper & meals

Feed the Hungry, St. Mary's Cathedral

Meal Schedules:

Sunday Dinner
3:30 to 5:00 p.m.



A TRIBUTE TO MY MOTHER



By Sharon Austin

After the Mother's Day Service, the pastor called all the mothers to the altar to receive a carnation; pink if your mother is alive, and white if she is dead. I reach for the white carnation, and my mind is filled with memories of my beautiful mother that I lost when I was 28 years old. My heart always aches on Mothers' Day for all the things I've missed; her counsel through the years, her knowledge of family history, and her unconditional love. So many times I wished that I could have asked her advice, like when I brought my newborn

child home, or how to make her delicious crusty homemade bread.

I have a lovely black and white studio picture of my mother when she was about fourteen that I keep on my dresser. In it, she is tall and willowy with her short dark hair crimped in the style of the late 1920's. I remember her beautiful grey, sleepy eyes, and the dimple in her chin so well. Looking at the picture, I also see the shadowed sorrow in her eyes and the slight stoop to her shoulders, for she has known the pain of poverty and prejudice all too well. My mother's family immigrated

from the Ukraine and settled in Leduc, where her father worked as a carpenter. When Mom was only two months old her father died, leaving Grandma to raise five children alone at a time when there was no social assistance. Grandma did her best, pasturing cows along the rail-road tracks and selling milk and eggs. She planted a huge garden to feed the family through the winter, and she did laundry for the rich English women of the town. Grandma also offered board and room to other Ukrainian immigrants for 25 cents a night.

There was a lot of prejudice toward the Ukrainian immigrants at that time, and they were often made fun of and called "Bohunks" and "Galatians". Mom told me that, although they lived in poverty, she was a happy child until she went to school. Grandma and the boarders only spoke Ukrainian, so Mom did not know all of the proper English words when she started school. On her first day of school poor sweet mom asked to use the washroom using a word that she had heard the boarders use. The teacher began to yell at her for swearing, and dragged her to the front of the room where she was strapped in front of the class. It was two months before she realized what

she had done wrong. She thought children weren't allowed to use the washroom in school! Mom always said that this was the teacher that ruined her life, for after that incident she was ridiculed and made fun of at school. She was very smart and had dreams of becoming a nurse, but she quit school in Grade Ten because of the abuse she suffered there. Mom was a sweet gentle child who had been totally crushed by the cruelty she found in the world. Because of the hurt that she had suffered, Mom taught us to be kind and to never make fun of anyone.

As a child, I lived on a farm with my two sisters and my brother. Mom had to work so hard, carrying all the water in from the well in the yard, then heating it on the wood stove to wash clothes or for baths. Most of our towels came as free gifts in packages of Breeze laundry detergent. They were pretty too; white with pink, blue, or yellow flowers. Our cups were mugs with different dog breeds on them, as these came free in packages of Quaker oatmeal. We did not have electricity, so we used gas lamps for light. I remember one day when my sister and I had come in from milking cows and Linda decided to light the gas lamp. In the semi-dark-

A TRIBUTE TO MY MOTHER *cont'd*

ness she poured the alcohol into the little cup under the mantles and struck the match. Instantly the whole table was alight with a pale blue flames that ribboned down the table cloth to the floor. We screamed in terror, and mom came running from the milk house where she had been separating the milk. She pressed the pale flames out with her bare hands as alcohol does not burn very hot. Mom could always be counted on in crisis.

Mom was a wonderful cook and in all my years I have never tasted bread as delicious as hers. She also made the most delicious Bismarks made from bread dough deep fried in pure pig lard. The Bismark would then be rolled in sugar and filled with strawberry jam.

Mom was very talented and creative in many ways. At Halloween she would sew us the most wonderful costumes. We wore pirate, gypsy, and princess costumes she made out of crepe paper that Dad bought at the general store. I won the costume prize at school almost every year. Mom didn't go to town very often; she always wrote a list for Dad and he would bring the groceries home. Being among people often made her anxious, and she would go over and

over what she had said to be sure it was all right.

I remember the wonderful stories she told about the adventures of a little lame prince who flew on a magic carpet. I would sit so still and listen as she combed the tangles from my freshly washed hair. Mom never made an issue about food; we were never made to eat everything on our plates or eat foods we really didn't like. We could eat all the fresh vegetables - like peas and carrots - from the garden we wanted. I think Mom's easy attitude toward food could be the reason why none of her four children have ever had a weight problem.

Although we didn't go to church, Mom had a reverence for God and she taught us in the light that she knew. We would kneel down and say the Lord's Prayer at night, and she taught us to pray on our rosaries that Grandma had given us. The seeds of faith were planted in our hearts and we all went on to follow the Christian faith. My brother went to Bible school, my sister became a street minister, and even Mom's grandchildren are all believers.

When I was 21, I married and moved across the country and I know Mom missed me very much. On my twen-

ty-fifth birthday she wrote me a letter that I still treasure to this day. She wrote: "I remember a beautiful summer day when you three girls were playing together in the yard. The sun was sparkling in your golden hair and you were all so happy! I wanted to stop time and keep that moment forever. I kind of embedded that picture in my mind and I remember that golden moment like it was yesterday. Too soon you were all grown up and gone, and I was left with only sweet memories of my little girls. Now I find happiness in your happiness and joy in your joy."

Not all of my memories of Mom are happy ones. There were times when Mom would fall into the darkness of depression and would lie in bed for days, rising at night to drink cold coffee in the darkness. I wish I had taken the time to talk to her and try to cheer her up, but I was still child-like and didn't fully understand, so we just lived around her. Mom was sick, so we would do our best to do the work and keep going. Mental illness was not something people talked about back then, so we never let on to anyone when Mom wasn't well. In time, Mom would rally and she would emerge from her darkened room to take up the reigns of her life of

hard work and poverty.

Now, I hold my white carnation and breathe in the delicate fragrance as I remember my mother. I am so thankful for her kind sensitive nature and for all of the life lessons that she taught me. I know that when my life on earth is done, she will be waiting there to greet me with her sweet smile and I will hear her say, "Welcome home."



*Happy
Mother's
Day*





Yoga Instructors' Training Course

May 30 to June 28, 2015

Classes will be held Saturdays and Sundays from 9 a.m. to 5 p.m. starting May 30 until June 28, with Anatomy on Friday evenings on May 8, 15 and 22nd from 6 to 9:30 p.m. In addition students will complete 10 hours of internship with a qualified instructor after the completion of the course. Upon completion of the course and internship, students receive a yoga instructors' certificate to teach yoga classes.

The course will be held at
3165 - 112 Street (phone 780-433-4853)

Students will be trained in traditional hatha yoga, as well as in teaching gentle yoga for seniors or persons with disabilities, yoga during pregnancy, and introduced to power yoga. The course includes training in breathing techniques and meditation as well as ten hours of anatomy.

Text books used: *Yoga with Linda and Shaun* by Linda Dumont and Shaun Giroux, *Gentle Yoga Using a Chair* by Linda Dumont with Friedel Khattab, Shaun Giroux and Naomi Giroux. Students can purchase the books at cost price of \$30 for both books.

Register before May 1st. - \$1,200

Registration after May 1st - \$1,300

For more information or to receive a complete course outline and registration forms contact:

Linda Dumont at 780-428-0805 or email dumontlc@hotmail.com



STEPPING STONES

By Linda Roan

Have you ever had the pleasure of crossing a creek on big wet stones? The sound of the rushing, sparkling water over the stones, is an experience that every child should get to enjoy. But, sometimes the stones are slippery and it is easy to lose one's balance. Fortunately, if the creek is shallow, slipping into the water can be fun!

Recently, I was reading about how failure can be a stepping stone to success. My first thought was, "how can failure lead to success"? As I continued to read, I learned that many great inventions began with a series of failures, but, the inventor persevered until he or she overcame the obstacle that caused failure. After a long series of steps and failures, the invention became a working reality.

After years of wanting to learn how to knit socks,

I decided that it would be now or never to learn this skill. I was surprised to read in the instruction book, that one of the first things to learn is to deliberately make a knitting mistake, look at the mistake, and follow the directions on how to correct the mistake. What once had seemed like an impossible skill to learn, became understandable and easy to do as I persevered. The final stepping stone led to a warm pair of socks!

At all levels of society we experience failure and disappointments. Those who are successful, look at their mistakes, analyze them, and persevere until the mistake is corrected. The goals we want to reach, the endeavors we want to undertake, the relationships that we would like to improve, can all be achieved....and it begins with taking that first step. The stones may be slippery, but the journey is wonderful!



ORGAN DONATION CAN SAVE LIVES

By Sid H.

While Alberta currently has some of the best medical care personnel in the world, people die every year awaiting organ transplants. Since the start of the century, a good deal of money has been sent to create awareness on the need for organ donation. Green Ribbon pins, public speakers, seminars in universities, and even incentives have been given. However, Alberta still remains to have amongst the lowest rates of organ donation in the country at roughly 10 people per million. This is a sharp decline from the start of the century where it was at roughly 16 per million. There has been an argument stating that the decline may be due to fewer brain deaths resulting from better medical care. As it is, the fact remains that around 75 people die each year awaiting a donor. So, it is necessary that organ donation rates rise.

Last year, in an effort to raise the rates of organ donation, the government made it possible to register online to donate organs. The few minutes it takes to register could be life changing for a recipient. So far though, there has not been much increase. Some researchers feel that incentives are actually drawing people away from donating, stating that as people are being paid a lump of cash for a donated organ, likely what may happen is they will be taxed that sum. An organ donation

program has thus been established at the University of Alberta. This university aims to decrease infections associated with organ donation, and find ways to decrease rejection of organ tissue from recipients. The program also hopes to reduce the wait times by selecting people who are of higher priority due to their physical state.

Personally, I feel incentives are a good idea. However, these incentives do not have to be monetary. Anyone who donates could have their name placed on a plaque and receive a medal for their life saving altruism. At the end of the year they (living donors) or their families (deceased donors) could also be recognized at a social dinner with the Premier himself. I mentioned brain death has declined, however we should not forget about cardiac and pulmonary death. People who die as a result of these conditions should also be reported, as some of those organs can be salvaged. Remember, not all donations need to be from the deceased. Partial transplants such as liver and tissue transplants can be made.

As it stands, many people may need organ transplants to save their lives. I do hope the government can come to an agreement on a way to encourage increased organ donation and implement the best strategies for having these organs not go to waste..

MY MOTHER ... EMMY ZAPANTIS

By John Zapantis

My Mother Emmy Zapantis Is The Humblest Of All

My mother is the most humble of all.

I can't think of anyone who can match her, for what she does for people when they call.

She loves everyone unconditionally, and does good deeds out her heart for all.

Once raised by her grandmother during the late 30's, she'd wash the dishes at the age of 10.

She was always given a responsibility, a task conditioned so she could never go wrong

The era while living through the second-world war, gave her a sense of tolerance to develop a survival instinct whenever trouble came knocking at her door.

Nazi occupation on the land of Ikaris, where she came from, was a testament of that truth while once witnessing the persecution of the Jews.

Regardless of what she witnessed in her Greek Orthodox religion, this taught her at an early age, to practice the art of forgiveness.

This way of thinking has made her legendary, as she went on to endure other obstacles in life while overcoming hunger and strife.

Whenever I needed her support it was always there.

She cared about putting a face on human kindness.

She could touch the hearts of anyone, anywhere.

She's given to the United Way, the Sally Ann and has often put a coin or two in a beggar's hand.

While learning this way of support through the teachings of her Greek culture.

That is truly an angel if you ask me.

She's a gift from God.

My mother who has always loved me, unconditionally.



Everyones Been Kicked Around At One Time Or Another And The Beat Goes On

Slaves were used like a herd of cattle.

The White man robbed the Natives of their land in an unfair legal battle.

Europeans had to leave their lands, because of the first and second world wars.

It's not their fault that their children are now living and working on First Nation's Land.

The world is really an unfortunate mess.

When you have a Canadian Prime Minister such as Stephen Harper, restricting Muslim women from wearing their veils at swearing in ceremonies, that's just like putting them in jail.

Filipino's are now told that their time spent as dedicated workers at Tim Hortons, will expire in a few years and they will be forced to go back to their homeland, leaving them in tears.

The Canadian Government says, it is so concerned in preventing our youth from becoming, RADICALIZED. And are trying to create preventative programs to make them feel included, but come election time, which is around the corner, that so called vision for the youth of tomorrow will inevitably become excluded.

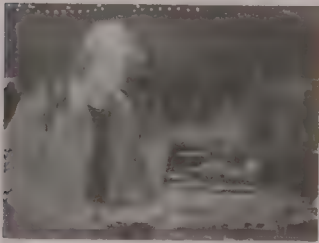
When the same Prime Minister starts to contradict who we are, as the friendliest country in the world, by refusing to honor the rights of minorities, who are all of the sudden deprived from practicing their culture, you can obviously expect Harper's policies to inevitably rupture.

Sounds like we're racing backwards in time to the days of Adam and Eve...

and this is the Prime Ministers idea of democracy? Take a mirror to his policies and the backwards lettering of democracy actually reads in the mirror...

HYPOCRISY!

HOMELESS CONNECT



By John Zapanis

Homeless Connect Turns Life Around For Many Of Edmonton's Homeless And Marginalized

The 2015 Homeless Connect open house, held on Sunday, April 12 at The Shaw Conference Centre, was hosted and organized by Homeward Trust, and seemed to look more like a gigantic homeless garage sale than a homeless open house. Over 60 service providers offered an array of relevant programs and services to many of Edmonton's marginalized and/or homeless. Items were given out for free, including rows of clothing on hanging racks and free books. Homeless Connect was originally established in October of 2004 in San Francisco. Soon, other cities throughout North America started their own Homeless Connect events to make a difference in their communities. Hundreds of individuals were registered at the event as they came through the doors to have their needs assessed. Service providers, representing various social organizations,

and local businesses, were on site to provide resources that could increase the quality of life for those in need. Services included: Free haircuts, dental labs that offered free root canals and dental extractions, anger management counselling services, and S.T.D clinics offering free condoms and education related to safer sex practices.

With that, they are like everyone else. We can all fall on hard times. I think that's a really important outcome."

A free lunch was also offered to Edmonton's Homeless. The main course consisted of turkey, mash potatoes, and vegetables all prepared by various organizations. The event also featured a Native Teepee

our culture. They're the overseers of the young people, the young families, where we give this opportunity to come, and sit in a teepee and give an opportunity to people who are coming to us. They want to talk and they do. They are often sadly heavy. Then we do referrals. I give them phone numbers where they can get supports. I always say, it makes me feel really good that visitors want to get to know us and we get to know them. I am always glad to share my culture with them."



Homeward Trust CEO, Susan McGee elaborated to Alberta Street News on the purpose of this event. She said, "It creates awareness, but it is also a setting in which the volunteers would say that they have certainly become more aware of the issues surrounding homelessness. They see these people as who they are, a neighbor who happens to be experiencing homelessness. Or, neighbors who are experiencing poverty, and are at risk of homelessness but need support and services.

hosted by Edmonton's Aboriginal community. Cross cultural teaching and a smudging ceremony were some of the features offered to anyone interested in a better understanding of Native cultural traditions. Elsie Paul, Kôhkom Kisewatîwin Society President elaborated on her responsibilities at the event to Alberta Street News. She said, "Just to share with them, if they ask questions about Aboriginal culture. They just want to talk to Elders, because Elders are very important in

This year's event was once again a big success, thanks to over 60 service providers along with generous volunteers. As a result, many of Edmonton's homeless and marginalized were essentially connected to programs and services that will help to improve their quality of life.



35th ANNUAL OUTDOOR WAY OF THE CROSS...



Photo: Clarence Visser

Photos & Story By Linda Dumont

More than 300 people joined the Outdoor Way of the Cross on Good Friday in Edmonton, Ab to pray and reflect on different aspects of Justice and Reconciliation. The walk began at Immigration Hall on 10534-100 Street, with six other stops at The Marian Centre, The Bissell Centre, Boyle McCauley Health Unit, McCauley Community Garden, McCauley Multi-Cultural Centre and

Ambrose Place. The walk was concluded with a luncheon at The Hope Mission. Clarence Visser opened the event with a welcome to all who participated. Here is an excerpt from his speech.

This article features excerpts from all speeches made at each station. If you would like to read the entire article please go to www.albertastreetnews.org



Clarence Visser

Immigration Hall Opening Reflection

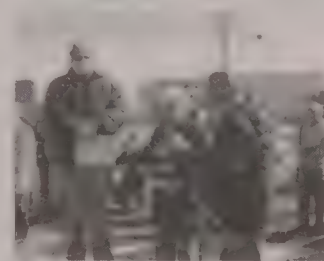
"To engage in reconciliation, to listen to hard truths from the marginalized and those who are suffering, takes courage and compassion – the willingness to be moved by the pain and suffering of others. It requires that we truly hear the words, that we sit in the pain, that we commit to understanding and to doing things differently. It is spending time in each other's spaces – physical space, head space and heart space. And, it is creating shared spaces where we can all breathe freely, be safe, and create new possibilities together."



Station 1 The Marion Centre The Justice Of An Inclusive Community

At the Marion Centre people are welcomed as human beings, fed a warm meal daily, and given clothing when they need it. Here we reflect on building

inclusive communities where those who live with physical and mental challenges are embraced as equal members of society.



Station 2 The Bissell Centre Reconciliation & Right Relations Between Communities, Beyond Economic Lines.

*Homeless & Nameless
Feared & Forgotten*
By Farley Magee

I'm one of the many in the crowd, one in the inevitable line up of the inner city. Homeless, nameless, don't point me out, don't call out my name, for I am "low", very "lowly." I am one who is done unto, one who receives from the hand of another. Please keep me nameless. How did I get here? Hungry, cold, tired, angry, with a growing hopelessness, I suffer from drudgery. How do I get released from this trap?

Homeless, no place to rest my head, no place to hang my toothbrush, no

...FOCUSED ON JUSTICE & RECONCILIATION

place where it is safe to lie down and sleep without the loss of my shoes, my backpack, my life. How can I connect with my inner self when physical survival absorbs my every waking moment, this very dark night? No place of my own where in the security of my surroundings I can take out my soul and look at it. My spirit is blistered, an open wound, sounds become too loud for my ears, every fiber of my hair aches. I am in pain.

Please look me in the eye. Please, listen to my pain. My heart is a fragile sculpture made of broken glass I place in your hands. I am homeless. I am nameless, feared and forgotten.

*Reflection By
Oliver Prophete*

Here we are motivated to benefit the health of Edmonton's inner city people by providing a variety of flexible primary health care and health promotion services. Here we will reflect on reconciliation with those marginalized due to gender related issues, including our LGBTQ brothers and sisters. The situation of brokenness here is that of the current persecution and oppression by many in the church on those who identify as gender and sexual minorities. The experience of these minorities is that of brokenness and shame.



**Station 3
Boyle McCauley Health Centre
Reconciliation & Justice For Gender
Divisions**



**Station 4
McCauley
Community Garden
Reconciliation With
A Damaged
Environment**

*Reflection By
Kelly Mills &
Doug Visser*

Reconciliation with the environment requires respect for all living things on earth, including human beings. Not that long ago, the majority of human beings on earth were agrarians. They were, literally, connected to the earth. And they knew that their survival depended upon their ability to plant, tend, harvest, prepare and preserve food....and to be good stewards of the land. We are stewards of Creation for a short time and we need to reconcile in our minds that we HAVE to care for Creation, before we hand it down to future generations.



**Station 5
McCauley
Multicultural Centre
Peace Work As
Justice &
Reconciliation**

*Reflection By
Fr. Maurice Restivo
CSB*

Just this past week, in Hebron, kindergarten students had to walk to school while stepping over mud, rocks, and trash, while next to them was a paved road – that only Israeli settlers and internationals are allowed to walk. In the past month, representatives of the Civil administration, with a military escort, came to lands belonging to Palestinians from Darhariyya, west of Yatta, and cut down five year old, or older, olive trees, claiming it was state owned land. The Palestinians claim ownership. In Tuwani, settlers threw rocks at a little girl; one struck her on the head and cut it open. Again in Hebron, border police shot massive amounts of tear-gas at school children as they made their way to school. Yet there is hope. Internationals are planting 10 olive trees for every one cut down across the West Bank. International organizations like Christian Peacemaker Teams, the

*Story continued on Pages
32 & 33*

35th ANNUAL OUTDOOR WAY OF THE CROSS FOCUSED ON JUSTICE & RECONCILIATION

*Story continued from
Pages 30 & 31*

Ecumenical Accompaniment Programme in Palestine and Israel, and the International Solidarity Movement, are accompanying children to school, monitoring check points, and publicizing the abuses that happen.

supports them, a feeling of control over their lives, and the opportunity to be inspired to be who Creator made them to be — Indigenous people. They have a ceremonial room, sacred space where they can connect with Creator spending time in prayer, healing, and



Station 6 Ambrose Place Indigenous & Settler People Together For Justice & Reconciliation

By Sharon Pasula

Welcome to Ambrose Place. This is the first development for Nig-inan Housing Ventures where people of Indigenous descent who are facing a multitude of challenges, can find healing and restoration. They have a home, a community that

building community. This came about through hard work of passionate and determined people, through many partnerships of Indigenous and settler groups, with faith and hope.



Hope Mission Closing Reflection

By Jim Gurnett

It has been a rich experience to walk together this morning, reminded we live in communities with so many others who share our desire to build a better world, a world resting on the strong foundation of the Gospel to love each other, to hold each other as precious as we hold our own lives — to experience how ...

**WE ARE NOT
ALONE.**

U of A Alumni
Centenary Volunteer
Challenge

**GREAT
THINGS**

2015 marks the University of
Alberta Alumni Association's 100th
birthday.

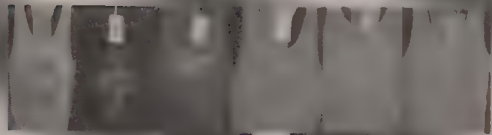
In celebration, we want to show the world
how U of A grads give back. Help
us capture 2015 alumni volunteer
experience with 2015.

Already volunteering? Tell us about
your stories.

Looking for a meaningful volunteer
opportunity? We can help.

To become involved in our centenary celebration,
for call 780-263-1773 or 1-800-643-7000.

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Alberta Street News

Burgers

Bananas



& Blessings

On the First Saturday of every month from May to October 2015

(May 2, June 6, July 4, August 1, September 5 & October 3)

From 4:00 to 6:00 P.M.

FREE

Barbecue

Where: Butler Memorial Park, Stony Plain Road & 157th Street
(Beside Jasper Place Transit Centre)

With LIVE GOSPEL music



Sponsored by The HymningBird Community Service League, in association with a whole
bunch of really kind and super awesome people!

Questions? Kenny 780.619.1816 or Angela 780.868.8236

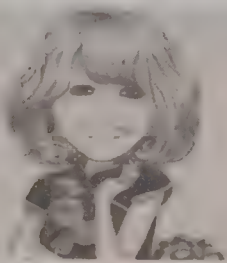
YOUR AD HERE

CALL
780.399.6788
OR

EMAIL MELISSA

melissa@albertastreetnews.org

INVALIDATION



By Maria B.

Our childhoods are in the past. As adults, we must put childhood behind us and focus on the now. Right? Although we would like to do this, the fact is the past is a great contributor to whom we have become today. We are aware that our child selves live within us, and the power of that child is remarkable. However, as long as we continue to fail to validate what that child went through, we will be unable to allow ourselves to be the incredible human beings we are meant to be. Unfortunately, the way our parents treated us as children does in large part determine how we treat ourselves as adults. This is because we have become the distorted mirror that they left as a toxic legacy.

I remember very clearly when I was a child, through my parents actions, tone of voice, indifference towards me, the abusive words they uttered to me, all served to pass a very clear message that not only were my emotions irrelevant,

I was considered a burden. All of this left a very profound mark on me that became a shadow living in the sidelines of my life. Because of this, I learned to disqualify myself, feeling fearful of everything. Being not sure of myself, with low self-esteem and holding no value, you become this pebble that everyone kicks around just for fun. But, that was in the past when I was vulnerable, now I am determined to teach people how to treat me.

Invalidation is like an unwanted gift that keeps on giving. As a child, I walked in the shoes of invalidation and learned to exist in a hostile world. Now I realize that it wasn't just me, but most children were invalidated to the point that they could be seen but not heard. The clearest message of my life came when my parents broke up and we were left with my paternal grandmother. This was so traumatizing because I felt like I had no one. Now I realize that this move was a blessing. My identification as a person was blank in a way, because until that point I only existed to be all of the things my parents made me out to be, and I had forged myself in order to fill that role. I had gone through life begging for acceptance

and molding myself to be accepted, not for who I really was, but for who I was pretending to be.

By reading books and learning about dysfunctional parenting, I have learned to love myself as that incredible little child that grew up in a world of terror, vulnerability and abandonment. If we think we can just ignore the feelings that emerged in us through this, we are fooling ourselves. However, I understand the dynamics and can accept that I will always have problems with trust. I have also learned that I must be vigilant in the process of validating others, as I must be sure to validate myself first.

Invalidation is like a double edged sword. A good example of this is the way that men have been brought up. They are often told that to be a man they must not cry and that they have to "Man up." This causes a denial of feelings that ends up as emotional needs not met. Some men become like hard shells and their relationships become a battle ground where in order to defend themselves, they lie, mock, distort and completely invalidate the other person's feelings. This becomes a toxic circle and nobody wins.

Invalidating someone else is not merely disagreeing with something the person has said. It is a process in which individuals communicate to another that the opinions and emotions of the target are invalid, irrational, selfish, uncaring, stupid, most likely insane, and wrong. Invalidators let it be known that the other person's feelings do not count for anything, and it is up to them to change. One disqualifies oneself when they are afraid to lose someone, and this can make the other person more powerful and can become a snare to be used at any time that person demands something. One person becomes the driver of the relationship and the other becomes the passenger, even if they are aware that they can leave the relationship at any time.

Bottom line. We must learn to validate each other and most importantly we must:

TEACH EACH OTHER HOW TO TREAT US. WE DESERVE TO BE TREATED WITH THE RESPECT AND EMPATHY THAT WE ALL SO RIGHTLY DESERVE.



TEXTS FROM LEXY

OH MY GOD, OH MY GOD
OH MY GOD, OH MY GOD
OH MY GOD, OH MY GOD

THIS IS
THE BEST
DAY OF MY
ENTIRE
LIFE !!

MATE

Lexy - You got a letter.
Dave - Okay.
Lexy - From the bank, I think.
Dave - Okay, how do you know it's from the bank?
Lexy - It tasted important.
Dave - %H&@* !!

BALL

Lexy - I think I might be depressed.
Dave - WHAT'S THIS ??
Lexy - That's a BALL !!

CURTAINS

Lexy - How long did it take you to put up the new curtains?
Dave - Umm ... about half an hour, why?
Lexy - I think I might have set a new world record! I got them down in under 5 minutes! Texting Guinness World Records right now !!
Dave - %H&@* !!

FOOD

Lexy - I'm still hungry.
Dave - You've had breakfast.
Lexy - WANT MORE BREAKFAST !
Dave - You'll get FAT.
LEXY - What's FAT?
Dave - It happens when you eat too much food.
Lexy - FAT sounds AWESOME !! Let's get FAT !!

YOUR VOICE MATTERS



By Joanne David CFP

Vote Before May 5, 2015! Time To Remove The PC Mirror? 12 Major Reasons To Cast Your Non-PC Alberta Election Vote.

Early Election Polls are indicating that Jim Prentice, and the Alberta PCs are sputtering like rotten tomatoes on concrete: the kind you drive over. We can see you in our rear view mirrors, Jim.

Guess what Jim? Recent political polls demonstrate that 72% of all potential voters agree with the characterization that the PC party has become arrogant & elitist. PC political actions have shown a clear sense of self-entitlement. Albertans are finally taking action after 44 years: and can now see the dinosaur dust on your mirror, and we are wiping it clean.

People of all stripes and shapes are changing their vote. As a long time entrepreneur, I too have changed. This election has gotten me into gear with a voice, walks about my neighborhood, and a complete change

in how I might otherwise think about politics. The rules have changed. Jim, the alternative forces are ready! The best party candidates are winning over Edmonton based on aligning with people: and that means a non PC vote. Thanks to Facebook friends, here are the top reasons to get out there and vote for the best party candidate in your riding.

1. Early Election.

The only reason Mr. Jim Prentice called this election is for political advantage, and he is breaking Alberta law! Mr. Prentice says he is calling the election now, because he wants Alberta to vote on the importance of his severe budget restraints. Yet, this month's provincial election call, as opposed to waiting until the legislated time slot of March - May 2016, is in contrast to the spirit of Alberta's Election Act. It has not even been one election cycle before this law has been broken. In doing so, Mr. Prentice demonstrates little respect for the Alberta public, opposition's parties, and the political process: revealing Jim Prentice's sense of entitlement.

2. Alberta Disadvantage / Income Disparity.

Alberta is the wealthiest province in Canada. Yet, we have the most poor. More than 60% of Albertans are living at or below the accepted Low Income Measures (poverty

measures) set out by our own Albertan government. The PC homeless plan has failed, and there is actually increased homelessness in Alberta. Citizens are asking for elected officials to listen to the lower and middle class citizens. Don't kid yourself, the middle class is declining. Let's run a budget that benefits everyone.

3. Lack Of Alberta Big Corporate Taxes.

The PC Party has given corporate tax breaks to the oil and gas industry, and subsequently collect among the lowest oil royalties in the world. Albertans stated they wanted large corporations to pay more on our valuable leased resources, and not the average person to pay more. This fell on deaf ears as Mr. Prentice instead vowed to raise taxes on every Albertan, and no tax increase for his corporate friends. Look into the mirror, Jim. Unnecessary Tax Breaks to Big Corporations is not proper negotiations for the Alberta people.

4. Bad Budget Planning / Penalizing Albertans,

or shall we say lack of any long-term planning. After all, didn't the PC Party know that our oil and gas industry is cyclical? Rachel Notley said it best: "We've got to sacrifice, because after 44 years they haven't figured out oil goes up and oil goes down." The PC Par-

ty's new budget is clearly punishing average Albertans with the sins of a PC party past. Short-sighted, non-debated, severe budget cut-backs are not acceptable. Time to take away Jim's mirror altogether with a non PC vote.

5. Far Too Long.

A healthy political system needs change. Four decades of PC rule in Alberta is a great deal of baggage: entitlement to business interests, while ignoring the common folk. The attitude that the "PC's always win, and they will again." is no longer acceptable. A strong opposition is healthy, and keeps the ruling party honest: and held to high ethical standards. But, an alternative change in government is even healthier. Make this election different!

6. Obvious Breach Of Public Trust.

Gordon Dirks, as but one example, the non-ethical Education Minister, under the leadership of former premier Alison Redford, investigated after authorizing more modular homes for his own constituent: in an apparent move of not disclosing or understanding conflict of interest rules. Hint: Don't use government resources for your own purpose. (This says nothing of rumored slush funds, private deals, political condos, vote buying, and well..the legacy of Alison Redford.)

7. Health Issues Not

YOUR VOICE MATTERS *cont'd*

Prioritized.

As Calgary's mayor Naheed Nenshi stated: "If we are in a world where it's difficult (for the provincial government) to find \$200,000 to investigate the deaths of children in care, to then find \$30 million to run an election..." You can fill in the rest.

8. Justice Issues Gone Wrong, Are Ignored.

Bill Berry, a disabled mute man with breathing tubes, enters a Red Deer courthouse, and is physically tackled by a sheriff while paying a fine. Simona Tibu was on her way to work, arrested by a sheriff within mere minutes of a routine highway stop, for apparent not providing her identification fast enough; she is later hospitalized with severe head and back injury. In both cases, there will be no independent investigation of the sheriff, and no hearing. Our system is backwards. Empathy has evaporated. Citizen victims are being threatened and charged. Officer violence is unreviewed. The PC government has not provided us an Alberta Justice and Solicitor General office that has independent oversight, nor is there an independent body, such as the Alberta Ombudsman authorized to review for fairness and natural justice.

9. Health / Non Transparency.

This is especially relevant to matters concerning our health. EPCOR Water

Utilities Inc. has a 1999 PC legislation exemption that excludes EPCOR from providing their files for review. Unlike all other publicly owned water companies, in both Alberta and across Canada, where public water companies must provide their files to any public person for review and improvement, in northern Alberta we have no right to review our own drinking water files. This secrecy of our water is thanks to the PC government and according to my meeting with Stephen Mandel, there is no plans to ever change this. But other parties support full disclosure of our water!

10. Not Supporting Education, Youth & Our Future.

Post-secondary education cost is one of the highest in Canada, and among the world. Many countries across the world are encouraging their future with vision, and providing youth with paid for education. Burdening our future with more debt is not the answer. Not supporting our teachers, and our children while growing up, just feeds our education problem.

11. Lack Of Democracy Or Good Judgment For The Alberta People.

Gun grab during the southern floods. Floor crossings without election. Not supporting our teachers. Little stance on keeping our youth safe. Highest wage

disparity on gender across Canada, just 63% of men's wages. Alberta corporations have virtually no limits on political party contributions. And, the PC's brought in so much more.

12. No Listening. No Action.

Have you ever spoken with your PC MLA, Health Minister, or other leader? Have they taken action on your concern? All those polled by me, say a whopping no! I personally have been meeting with elected PC officials for more than four years, on various matters concerning our health, transparency, and accountability. I have seen errors in reports and paper shuffling of letters, at best. I like you, want real change, and real listening. And real action.

Can you think of any other issues we need solving?

I am personally convinced, and perhaps you are as well, that our current PC party is just never going to listen or respond to ethical concerns. Trust me I have tried!

With so many complaints, the PC government is afraid. Afraid of your vote.

I have been out door knocking with my area candidate. People are unhappy. I am unhappy. For the first time in 44 years, we have a real chance to unseat the PC government, and bring in good candidates that will lis-

ten and work for your interests. Make this so!

You can make this Alberta change. You have just read excellent reasons why Albertans need to both exercise their right to vote, and to cast a non-PC vote. Are you ready?

If you're riding non-PC candidate is strong and has smarts. Consider your vote there. We need strong voices of all colors..get out there!

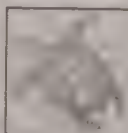
Your voice counts now more than ever before. Use your voice this month to help your best riding non-PC candidate win a seat. Then vote! May 5. Advanced polling April 29, 2015.

I believe in you!

Helpful links:

Chat with Joanne & friends on Facebook: <https://www.facebook.com/LegacyTalkTV>
Need Help to Vote? www.PoorVoteTurnout.ca meets each Wednesday and encourages the poor to vote.
Elections Alberta: 1-877-422-8683
<http://www.electionsalberta.ab.ca/>

MELISSA'S MINUTE



By Melissa O'Keefe

Hello and welcome to Melissa's Minute!

When I was homeless it was difficult to be positive. I tried to surround myself with individuals that could help bring out that silver lining on those gray clouds. I had to work hard at beating my addiction and creating a different world for myself. When the suggestion to "Change one thing....EVERYTHING" was spoken to me in my first year of recovery I thought Pfft....BULL POO. Eventually I gave my life to my higher power. I have been successful at staying clean for 6.6+ years and regaining control of my life. If I can do it, then so can you...one day at a time.

And that's Melissa's Minute for May. Until next time... have yourself a *Supercalifragilisticexpialidocious* month.



Canada

We acknowledge the financial support
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Periodical Fund of the Department of
Canadian Heritage



Alberta Street News

Alberta Street News is recruiting for Canvassing Representatives and Crew Managers for our door to door sales campaign starting in 2015.

This is an excellent opportunity for students to seniors who are looking for flexible work hours, new employment or to supplement their current income. It is a wonderful way to connect with people in communities, as well as helping Edmonton's homeless.

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[insp]

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RECIPES

GOOEY GOOEY BREAKFAST SANDWICH

Ingredients:

2 slices Bacon Rounds
Naan Rounds

1 slice of Sliced
medium Cheddar

1/2 tsp (10 mL) unsalted

A pinch of salt and
black pepper

Directions:

Preheat oven to 425°F
(220°C). Line bak-
ing sheet with foil.

Place bacon flat on
prepared baking sheet.
Bake in oven for
15 to 18 min-
utes or until cooked.
Drain on paper towel.

Place naan rounds di-
rectly on grill over
rack. Add cheese slice to
one naan round. Heat for
2 minutes. Meanwhile,
in small nonstick frying
pan, melt butter over
medium heat. Crack
egg into pan; cook for 1
minute per side or until
cooked over easy. Sprin-
kle with salt and pepper.

Place cheesy naan
round on a plate; top
with bacon, egg and
remaining naan slice.

POKE BOWL AND RICE

Ingredients:

1/2 cup (125 mL) soy
sauce or mushroom
soup or consomme

1/4 cup (60 mL) soy

1/4 cup (60 mL) soy
rice (uncooked) rice

1/4 teaspoon pepper

Directions:

Mix together soy
sauce, soy, pepper and
onions. Add to rice.
Cook for 15 to 20 min-
utes or until rice is
cooked.

Place naan rounds di-
rectly on grill over
rack. Add cheese slice to
one naan round. Heat for
2 minutes. Meanwhile,
in small nonstick frying
pan, melt butter over
medium heat. Crack
egg into pan; cook for 1
minute per side or until
cooked over easy. Sprin-
kle with salt and pepper.

Place cheesy naan
round on a plate; top
with bacon, egg and
remaining naan slice.

CHOCOLATE CHIP COOKIES GLUTEN FREE

Ingredients:

1 cup (2 sticks)
butter, softened

3/4 cup granulated
sugar (175 mL)

3/4 cup packed light
brown sugar (175 mL)

1/2 cup vanilla extract
(125 mL)

2 1/2 cups gluten free
all-purpose baking mix
(625 mL)

1 2/3 cups CHIPITS
Mild Cheddar & figs
(375 g)

Directions:

Preheat oven to
375°F (190°C).

Heat butter, granulated
sugar, brown sugar and
vanilla in large mix-
ing bowl. Add baking
mix, beating well.
Stir in chocolate chips.
Drop by teaspoons onto
ungreased cookie sheet.

Bake 8 to 10 minutes or
until lightly browned.

Cool slightly; remove
from cookie sheet to wire
rack. Cool completely.

Makes about 5
dozen cookies.

QUICHE

Ingredients:

2 cups milk

4 eggs

3/4 cup biscuit baking
mix

1/4 cup butter, softened

1 cup grated Parmesan
cheese

1 (10 ounce) package
chopped frozen
broccoli, thawed and
drained

1 cup cubed cooked
ham

8 ounces shredded
Cheddar cheese

Directions:

Preheat oven to 375°F
(190 degrees C).

Lightly grease a 10
inch quiche dish.

In a large bowl, beat
together milk, eggs,
baking mix, butter and
Parmesan cheese. Bat-
ter will be lumpy. Stir in
broccoli, ham and Ched-
dar cheese. Pour into
prepared quiche dish.

Bake in preheated
oven for 50 minutes
until eggs are set and
top is golden brown.

DEAR PENELOPE

The Facts of Life in Real Advice

Dear Penelope,

The other day I was in a restaurant enjoying my dinner when I noticed a woman sitting across from me breastfeeding her baby. The site of her bloated, veiny, milk engorged breast really grossed me out. I was outraged by the indecency of this woman and that she was violating my right to eat in comfort. Has she no shame? I complained to the manager and he told her she had to go into the bathroom to do that in private, or at the very least cover her baby with a blanket. She said she had every right to breastfeed her baby wherever she chooses and her infant does not enjoy being covered by blanket. I can't believe this is true, as I am certain that my right to not to have to witness such a thing trumps her hippie philosophy regarding breastfeeding. I mean why doesn't she just use a bottle or something?

Signed, Grossed out by the sight of lactating boobs.

Dear Grossed out,

I understand completely. There are a variety of nursing blankets out there now a days, fleece, damask, quilts, cotton blankets. I for one feel they should always be used when nursing, no exceptions. Why, just the other day I went into my bedroom and covered myself with a sheet and enjoyed my Italian Sub. It was challenging as breathing was somewhat uncomfortable but it was definitely doable. Seeing as the weather was warm, I then invited my friend to go for some take-out at a drive through and we covered ourselves with a quilt. It was pretty great despite the fact that I started sweating profusely and passed out for a bit from the heat and lack of oxygen. As far as I know babies love rebreathing their own CO2. And, well they are not really fully developed humans, so I have no idea why they love looking around at things so much when they are eating. Oh, and God forbid you should be teaching your "original sin" baby that insists on pulling the blanket off while nursing that this is acceptable in any form. That is just wrong. I suggest that you advise the next mother you see doing this to insert a straw into each nostril of their infant's nose (Scuba Style), then cover with a blanket with the straws hanging out to ensure fresh air intake. Problem solved. Or, you could carry around your own blanket and the minute you see such a thing you can cover your head in order to ensure that you don't look at something that offends you so greatly. I really don't see why breastfeeding is so important to these women anyway as there are plenty of GMO infant formulas out there with great artificial stuff in them.

Dear Penelope,

My 15 year old son has done the unthinkable. He recently told his mother and me that he is gay and he has posted his decision on Facebook for the world to see. I can't believe that he has made this choice. His mother and I cared for him, supported him, sacrificed our time to him when he was sick....and this is how he pays us back by deciding to be a homosexual? I am outraged and sickened by how selfish and ungodly this is. He has chosen to learn nothing from his Bible studies and the Christian church we have attended regularly in order to teach him right from wrong. I have let him know that unless he changes his mind about all of this he is disowned from our family. His sister's tell me this is wrong as according to them as we are supposed to love our children unconditionally, but there is no way his mother and I are going to be supportive of this evil and shamed and humiliated in this manner. Please advise as I really want my son to be normal and uphold Christian values. How to I convince him to change his mind?

Signed, I am outraged that my son is posting on Facebook that he is gay.

Dear I am outraged,

I have the perfect solution. Quite frankly I don't see how you didn't think of this one yourself. Seeing as sexuality is a choice here is my proposal. Why don't you compromise a bit and choose to change your sexual preferences to become attracted to men, and then your son will be so appreciative of this he will then change his mind and make the choice to be attracted to women? Problem solved!



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DEAR PENELOPE ... *cont'd*

Dear Penelope,

I am really angry about those stupid and contagious ant-vaxxers! Don't they realize the harm they are doing by putting my child at risk? What if I got behind the wheel drunk and killed somebody? Wouldn't I be held responsible? In my view this is the same kind of thing. So, why are they not forced to take responsibility when they cause someone to get the measles? I mean look what happened at Disneyland! Not to mention they are going to bring back all the diseases we fought so hard to get rid of! My neighbor does not vaccinate her kids and when I went over there to tell her how stupid and contagious she and her kids are she slammed the door in my face! The nerve of that woman! Just because Jenny McCarthy went around blabbing about how she thinks it gave her kid autism or something. My doctor tells me that vaccinations are good and who am I to argue with his medical expertise? And what about the kids who are sick with cancer and can't be vaccinated? Her kids are going to do a lot of harm to them. I mean really how selfish can she be? Please advise as I don't know how to get through to her before we all get the plague!

Signed, Pissed off at the Anti-Vaxxers

Dear Pissed off,

Wow! How can anyone be so selfish? This is a difficult problem to solve so I did some research into this. Getting vaccinated is completely safe and no responsible person would choose to see it any other way. And, you're right! Those anti-vaxxers must be completely brainwashed by that silly Jenny McCarthy. Because it is obvious that is all they have to go on. Am I right? Well actually, according to the vaccine insert I read recently for the MMR (measles, mumps, and rubella) there is no problem at all. Who cares if possible side effects outlined in the insert are rheumatoid arthritis, atypical measles, diabetes, gastro-intestinal disease, brain encephalitis, neurological disorders, paralysis, meningitis or death? I mean why read the insert, or anything at all, because hey...no one wants to know that vaccines and the additives used are neurotoxic, hazardous and carcinogenic. Just as long as the kids don't get the measles which is a very dangerous situation. It's like the bubonic plague or something. Actually, come to think of it, according to the research I have done, it states that even if 1 in 1000 children die of measles in an outbreak that's like.....1 child every 8-10 years. More children die each year from seatbelts. But, hey, we are all responsible to get ourselves and our kids vaccinated to make sure we don't bring back the so called deadly diseases that were never actually

eradicated. And, I guess while we are it lets overlook the fact that most immunocompromised children can be vaccinated and that those who aren't can't be around vaccinated children in the first place. I use to be a vacuum salesman and that wasn't successful for me at all for some reason. Maybe it had something to do with my technique of showing up at people's houses uninvited and telling them how bad they were at cleaning and how they sucked as human beings. I dunno. Maybe the same thing applies here when you were trying to educate your neighbor by saying she and her kids are "Stupid and contagious." In all seriousness, I know you love your children and want to protect them, but kindness and tolerance for the rights and choices of others is a virtue. If you truly want your neighbor to come to your way of seeing things, may I suggest you approach with an open-mind and understanding, because maybe you can relate to the fact that she loves and wants to protect her kids too? If not, may I suggest you purchase a hazmat suit for every member of your family to ensure their absolute safety against all viruses? Yes, actually that is the best advice as no vaccine is even close to being 100% effective as any medical expert must tell you if you bother to ask.

This column is intended to be satire and is not meant to be taken as actual advice.



Alberta Street News




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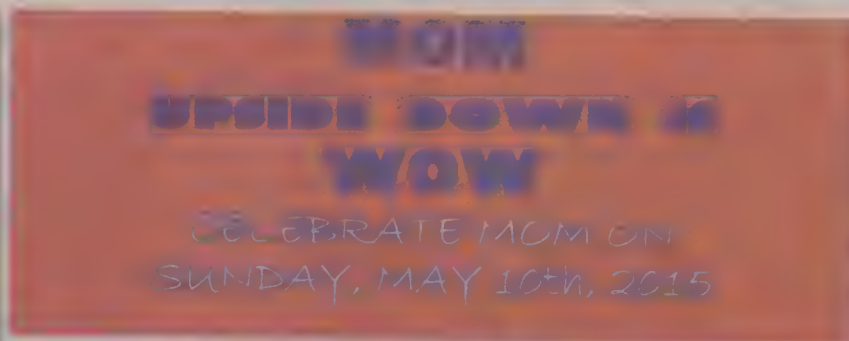
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THE LIGHTER SIDE - LAUGHTER IS GOOD FOR THE SOUL



The more I grow,
the more I realize
that my mom is
the best best friend
that I ever had.

Ps,
I love my mom



"Being a Mother
is not about what
you gave up to
have a child, but
what you've
gained from
having one."
-unknown-

off the mark 5007 by David B. Davis



PUZZLE & FUN FACTS

Key Mom Stats:

2 billion MOMs in the World (82.5 million in the U.S.)

Kids: Modern moms average 2 kids (1950s: 3.5 kids; 1700s: 7-10 kids)

4.3 babies are born each second

Baby Chores

Diaper Changes: 7,300 by baby's 2nd birthday

Diaper Changing Speed: Moms take 2 minutes, 5 seconds (adds up to 3 40-hour work weeks each year!), vs. 1 minute, 36 seconds for dads

Mommy Records

Most Kids: Mrs. Vassilyev of Russia gave birth to 69 children between 1725 and 1765

Oldest Mom: Rosanna Dalla Corte gave birth to a baby boy when she was 63 years old in Italy in 1994

Heaviest Newborn: Signora Carmelina Fedele gave birth to a 22 lb 8 oz boy in Italy in 1955

Mother's Day

1st Mother's Day: May 10, 1908; Founded by Anna Jarvis; made a national holiday in 1914 by President Wilson

Busiest Phone Day: 68% of people plan to call Mom on Mother's Day, totaling 122.5 million phone calls

Card Giving: 50% of households give Mother's Day cards, totaling some 152 million cards

Misc Mommy & Baby Facts

Most popular birth month: July

Most popular birth day: Tuesday

Most popular birthday: October 5

30 Pounds: Average weight gain during pregnancy

Baby Gender Gap: 105 boys born for every 100 girls

Most Popular Names of 21st Century

Baby Girls: Emily, Madison, Hannah

Baby Boys: Jacob, Michael, Joshua

Research suggests that moms who give birth later in life, live longer

HANGMAN

Guess the letters to complete the Hangman puzzle.



LETTERS

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



PUZZLE

FOOD FOR THE BARBECUE

H E E W A L S E L O C S E
 S E O W P O P A A I I R O
 I E A B A C H E U E I E O
 L E C U T T E L D C B P N
 E A L N K R E A K A E P O
 R D A S O E N R R A O E I
 E R L R A O T B M C E P N
 I A A A M L E C H E O T O
 E T S E R C A E H E L R S
 S S L S U E E D U U O O N
 B U A E B S R R I I P O N
 I M P R E G R U B M A H T
 R E I R P O T A T O E S A

Word List:

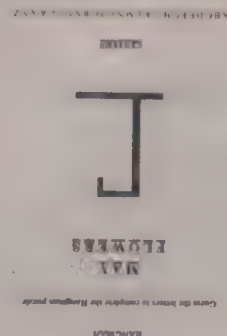
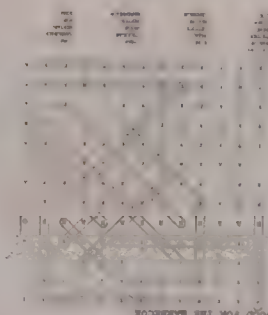
BARBECUE
 POTATOES
 CHEESE
 KETCHUP
 SAUCE

RIBS
 SALAD
 LETTUCE
 RELISH
 LEMONADE

STEAK
 COLESLAW
 ONION
 PEPPERS
 WATERMELON

CORN
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Edmonton Homeless Memorial

**A remembrance
celebration**

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Friday June 5

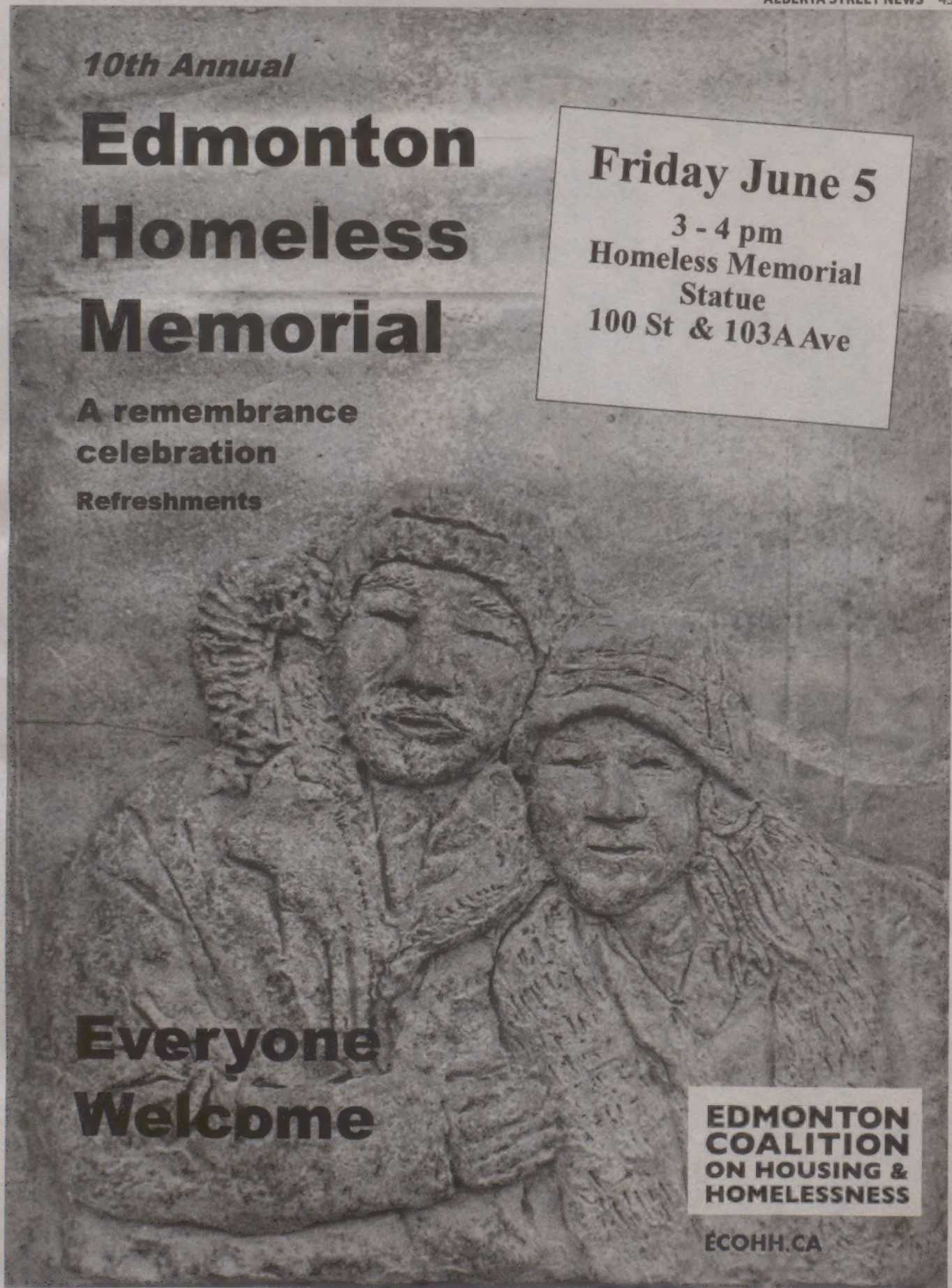
**3 - 4 pm
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Statue**

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**How many
Butterflies did you
find?**

**There are 180
Butterflies in the
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Alberta Street News**



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Don't Throw Me Away!!

When you are done reading me you can:

-  Share with a friend or neighbour
-  Place me in your staff room at work
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Thank you for taking me home with you!!

ROB'S CORNER



By Robert Champion

What's On My Mind?

Hoping that if the Flames make the playoffs, they will go all the way to the Stanley Cup Final. No matter what Canadian team gets to the playoffs, I just hope they will make it all the way and bring the Stanley Cup back to Canada. WHAT ELSE: It's better to give than to receive. It's better to have good friends, than having a lot of money or material things.

I would like to see my friend Tony sometime in May. I started talking about that in the March paper, when I said I haven't seen Tony since 1969. (In British Columbia) Actually, I met him in the summer of 69 in New Westminster B.C. when I was 18 years old. The last time I saw Tony was when he came to visit Lorna and I, back in July of 2007, during the Stampede. I took him over to watch the Stampede Parade at 5 in the morning. If things work out, I will take the

Greyhound on a 2 week advance ticket return ticket to Vancouver. It's only around \$150. A 3 week advance ticket is around \$96. I sure would like to get down there and party and do some souvenir shopping. I would love to have some beers too with my friend Tony. I would also like to go to Stanley Park, checkout the beach, the zoo, and the aquarium.

Life Goes On

It seems like just a short time ago that I lost Lorna, my common-law wife of 35 years, even though it has been 2 and a half years since she passed away on August 24th of 2012. We had one daughter together, Lori Anne, born Nov of 1977. It's not getting much easier for me being without her. We had our ups and downs, like all most couples. I still pine for her and miss her deeply. We were like a team. We worked together. I met Lorna back in January of 1977. At the time, I couldn't have imagined that we would be together for such a long time. The last 2 years of her life, she was very sick. I always hoped that we would grow old together and spend the rest of our lives with each other. She was only 54 when she passed away. I was 26 when I met her. She had just turned 19.

Planning A Trip To Vancouver!

I'm hopeful to get to

Vancouver this spring for 3 or 4 days. I have a long-time friend I would like to see that I have told you about. (Tony)

Some Happy Memories

As a teenager growing up in New Westminster B.C., I learned to ride Shetland ponies bareback when I was 14. That was back in 1965. I had a crush on these twin girls I knew from elementary school. They invited me over to their place. They had 2 Shetland ponies. My interest soon shifted to wanting to learn how to ride a horse. I actually didn't start dating until I was 16. My first girlfriends name was Betty Anne. She was kind of a tomboy. Every now and then on a Sunday, or on a holiday weekend, I would buy a bus pass for the day and ride all over Vancouver. Sometimes I would go to Stanley Park, and check out the zoo or the aquarium. Other times, I would go into an area of North Vancouver, called Lynn Valley, and walk across the swinging bridge, 200 feet above the creek. Some weekends I would get together with friends, and go bike riding along River Road in Richmond for hours on end. I got my first paper route when I was 14, and saved up to get a CCM 3 speed bicycle on a layaway at Eaton's.

My Friends

My friends are good to me. They are caring, kind

people. Their always watching for me. I sometimes get overwhelmed by their friendship and kindness. They say things like, "Get home safe, take care of yourself, have a good night". They are special to me. Where would I be without them? Probably sad, miserable and lonely.

LIFE'S LESSONS

Don't take it too seriously.

Be a good listener.

Don't be judgmental.

It's ok to take advice from a friend.

Keep an open mind.

Be considerate of other people's feelings.

Avoid arguments.

Life is too short.

It's ok to take some criticism.

Everyone has their own opinion.

If someone doesn't agree with you, don't take it personally.

Be the best you can be. Learn from your mistakes.

Rob's SAY Of The Day!

Thank God winter is over! The warmer weather is finally here! Time to put all that winter gear away!



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